

## ABSTRAK

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### HUBUNGAN PENDAPATAN KELUARGA DAN ASUPAN ZAT GIZI MIKRO DENGAN KEJADIAN *STUNTING* PADA BADUTA USIA 6-24 BULAN DI KELURAHAN LANDASAN ULIN UTARA

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(xv + 109)

*Stunting* merupakan kondisi kronis yang menggambarkan terhambatnya pertumbuhan karena malnutrisi jangka panjang. *Stunting* didefinisikan sebagai z-score PB/U kurang dari -2 SD. Penelitian ini bertujuan untuk menganalisis hubungan pendapatan keluarga dan asupan zat gizi mikro dengan kejadian *stunting* pada baduta usia 6-24 bulan di Kelurahan Landasan Ulin Utara. Penelitian observasional analitik ini menggunakan desain *case control*. Sampel penelitian adalah 26 baduta pada kelompok kasus (*stunting*) dan 26 baduta pada kelompok kontrol (tidak *stunting*) yang diambil menggunakan teknik *purposive sampling*. Data panjang badan diukur menggunakan *infantometer*, pendapatan keluarga melalui wawancara dan kuesioner, asupan zat gizi mikro menggunakan *food recall* 3x24 jam. Data dianalisis menggunakan uji *Spearman Rank*. Hasil penelitian ini menunjukkan bahwa pendapatan keluarga ( $p=0,155$ ) dan asupan vitamin A ( $p=0,182$ ) tidak berhubungan dengan kejadian *stunting* pada baduta, sedangkan asupan zat besi ( $p=0,001$ ) dan zink ( $p=0,001$ ) berhubungan dengan kejadian *stunting* pada baduta. *Stunting* dapat dicegah dengan asupan zat besi dan zink yang cukup sesuai kebutuhan, serta pengalokasian pendapatan keluarga dan vitamin A juga tetap harus diperhatikan.

**Kata Kunci:** Pendapatan keluarga, *stunting*, vitamin A, zat besi, zink.

## **ABSTRACT**

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### **RELATION OF FAMILY INCOME AND INTAKE OF MICRO-NUTRIENTS TO THE INCIDENCE OF STUNTING IN CHILDREN UNDER TWO YEARS IN NORTH LANDASAN ULIN VILLAGE**

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(xv + 109)

*Stunting is a chronic condition that describes stunted growth due to long-term malnutrition. Stunting is defined as a length for age Z score (LAZ) less than -2 SD. This study aimed to analyze the relation of family income and intake of micronutrients to the incidence of stunting in children under two years in North Landasan Ulin Village. This analytic observational study used a case control design. The research samples were 26 children under two years in the case group (stunting) and 26 children under two year in the control group (not stunted) taken using a purposive sampling technique. Length data were measured using an infantometer, family income was assessed through interviews and questionnaires, intake of micronutrients were collected using a 3x24 hour food recall. Data were analyzed using the Spearman Rank test. The results of this study indicated that family income ( $p=0.155$ ) and intake of vitamin A ( $p=0.182$ ) were not associated with the incidence of stunting in children under two years, whereas intake of iron ( $p=0.001$ ) and zinc ( $p=0.001$ ) were associated with the incidence of stunting in children under two years. Stunting can be prevented with sufficient intake of iron and zinc as needed, and the allocation of family income and vitamin A must also be considered.*

**Keywords:** *Family income, iron, stunting, vitamin A, zinc.*