

ABSTRAK

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HUBUNGAN KERAGAMAN KONSUMSI PANGAN DAN SANITASI LINGKUNGAN TERHADAP KEJADIAN *STUNTING*

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(xv + 101)

Stunting adalah keadaan balita yang memiliki panjang atau tinggi badan kurang berdasarkan umurnya. *Stunting* merupakan masalah kesehatan gizi yang menunjukkan kondisi gagal tumbuh pada balita akibat kekurangan gizi kronis. *Stunting* menyebabkan implikasi jangka panjang yaitu berkurangnya perkembangan kognitif dan fisik, tes kinerja lebih rendah, pengeluaran rumah tangga perkapita lebih rendah. Penelitian ini bertujuan untuk menganalisis hubungan antara keragaman konsumsi pangan dan sanitasi lingkungan dengan kejadian *stunting* pada anak. Data dari jumlah sampel sebanyak 58 balita dikumpulkan di wilayah kerja Puskesmas Pasar Panas, Kecamatan Benua Lima, Kabupaten Barito Timur. Penelitian dilakukan mulai bulan Desember 2022 hingga Maret 2023. Analisis dilakukan menggunakan metode *Spearman Rank Correlation*. Hasil analisis menunjukkan bahwa tidak terdapat hubungan signifikan antara keragaman konsumsi pangan dengan kejadian *stunting* ($p=0,317$, nilai korelasi = 0,134). Namun, terdapat hubungan signifikan antara sanitasi lingkungan keluarga, ketersediaan air bersih, ($p=0,013$, nilai korelasi= 0,326), pembuangan sampah ($p= 0,000$, nilai korelasi = 0,478) dan kondisi lingkungan rumah, dengan kejadian *stunting* pada anak ($p = 0,003$, nilai korelasi = 0,387). Sanitasi lingkungan yang buruk meningkatkan risiko infeksi dan dapat menghambat pertumbuhan dan perkembangan anak. Akses terhadap air bersih yang memadai, pengelolaan pembuangan sampah yang baik, dan kondisi lingkungan rumah yang baik penting untuk mencegah kejadian *stunting* pada anak.

Kata kunci: keragaman konsumsi pangan, sanitasi lingkungan, *stunting*

ABSTRACT

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THE RELATIONSHIP BETWEEN DIETARY DIVERSITY AND ENVIRONMENTAL SANITATION WITH THE OCCURRENCE OF STUNTING

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Stunting is a condition in which a toddler has a height or length that is below the expected range for their age. Stunting is a nutrition-related health issue that indicates a failure to thrive in toddlers due to chronic malnutrition. Stunting leads to long-term implications, including reduced cognitive and physical development, lower performance on tests, and lower per capita household expenditure. This research aims to analyze the relationship between dietary diversity and environmental sanitation with the occurrence of stunting in children. Data from a sample size of 58 toddlers were collected in the working area of Pasar Panas Primary Health Center, Benua Lima Subdistrict, Barito Timur Regency. The research was conducted from December 2022 to March 2023. The analysis was conducted using the Spearman Rank Correlation method. The results of the analysis showed that there was no significant relationship between dietary diversity and the occurrence of stunting ($p=0.317$, correlation coefficient = 0.134). However, there was a significant relationship between family environmental sanitation, availability of clean water ($p=0.013$, correlation coefficient = 0.326), waste disposal ($p=0.000$, correlation coefficient = 0.478), and the condition of the household environment, with the occurrence of stunting in children ($p=0.003$, correlation coefficient = 0.387). Poor environmental sanitation increases the risk of infection and can hinder the growth and development of children. Access to adequate clean water, proper waste disposal management, and a good household environment condition are important in preventing the occurrence of stunting in children.

Keywords: dietary diversity, environmental sanitation, stunting.