

ABSTRAK

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HUBUNGAN ASUPAN ZAT BESI, VITAMIN A, ZINK DAN TINGKAT PENDAPATAN DENGAN KEJADIAN *STUNTING* PADA BALITA 24-59 BULAN DI WILAYAH KERJA PUSKESMAS HARUYAN

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(xiv + 67)

Stunting adalah keadaan tubuh yang pendek atau sangat pendek hingga melampaui -2 SD berdasarkan tinggi badan menurut usia yang disebabkan kurangnya asupan gizi dan vitamin. Tujuan penelitian ini untuk mengetahui hubungan asupan zat besi, vitamin A, zink dan tingkat pendapatan dengan kejadian *stunting* pada balita 24-59 bulan di wilayah kerja Puskesmas Haruyan. Metode penelitian menggunakan survei analitik dengan pendekatan *cross sectional*. Jumlah responden sebanyak 68 balita. Instrumen penelitian ini yaitu kuesioner, *microtoise*, *baby length board*, formulir *food recall 3x24 jam* dan buku foto makanan, dengan menggunakan uji *Rank Spearman*. Hasil penelitian diperoleh mayoritas asupan zat besi defisit tingkat berat sebanyak 42 responden (61,8%), asupan vitamin A normal sebanyak 20 responden (29,4%), asupan zink defisit tingkat berat sebanyak 37 responden (54,4%), dan tingkat pendapatan kurang sebanyak 58 responden (76,5%). Berdasarkan hasil penelitian dapat disimpulkan asupan zat besi ($p=0,051$), asupan zink ($p=0,850$) dan tingkat pendapatan ($p=0,083$) tidak terbukti memiliki hubungan dengan kejadian *stunting* di Puskesmas Haruyan. Asupan vitamin A ($p=0,007$) terbukti memiliki hubungan dengan kejadian *stunting* di Puskesmas Haruyan. Diharapkan asupan zat besi dan zink balita tetap serta tingkat pendapatan tetap terpenuhi, karena berperan penting dalam pencegahan *stunting* selain vitamin A.

Kata kunci: *stunting*, tingkat pendapatan, vitamin A, zat besi, zink

ABSTRACT

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THE RELATIONSHIP BETWEEN INTAKE OF IRON, VITAMIN A, ZINK AND INCOME LEVEL WITH STUNTING INCIDENCE IN TODDLER 24-59 MONTHS IN THE WORKING AREA OF PUSKESMAS HARUYAN

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Stunting is a short or very short body condition that exceeds -2 SD based on height for age caused by a lack of nutrition and vitamins. The purpose of this study was to determine the relationship between intake of iron, vitamin A, zinc and income levels with the incidence of stunting in toddlers aged 24-59 months in the working area of the Puskesmas Haruyan. The research method uses an analytic survey with a cross sectional approach. The number of respondents was 68 toddlers. The research instruments were questionnaires, microtoise, baby length boards, food recall 3x24 jam forms and food photo books, using the Spearman Rank test. The results showed that the majority of iron intake was severely deficient in 42 respondents (61,8%), normal vitamin A intake was 20 respondents (29.4%), zinc intake was severely deficit in 37 respondents (54.4%), and less income level as much as 58 respondents (76,5%). Based on the research results, it can be concluded that iron intake ($p=0.051$), zinc intake ($p=0.850$) and income level ($p=0.083$) are not proven to have a relationship with the incidence of stunting at the Haruyan Community Health Center. The vitamin A intake ($p=0.007$) was proven to have a relationship with the incidence of stunting at the Haruyan Community Health Center. It is hoped that the intake of iron and zinc for toddlers will still be income levels fulfilled, because they play an important role in preventing stunting apart from vitamin A.

Keywords: *stunting, income level, vitamin A, iron, zinc*