

# GAMBARAN ASUPAN ZAT GIZI DAN POLA ASUH PADA BALITA STUNTING DI PUSKESMAS BAWANGAN PLOSO TAHUN 2019

## ABSTRAK

*Stunting* atau pendek merupakan pertumbuhan linier dengan indikator  $z\text{-score} < -2$  atau lebih pada indikator tinggi badan menurut umur. Prevalensi *stunting* di Puskesmas Bawangan Ploso sebesar 20,7% pada tahun 2016 dan 18,1% pada tahun 2017. Walaupun terdapat penurunan prevalensi, dikhawatirkan akan meningkat bila tidak mendapat penanganan secara intensif karena prevalensi mendekati batas ambang nasional yaitu 20%.

Tujuan penelitian ini untuk mengetahui gambaran asupan zat gizi dan pola asuh orang tua terhadap balita *stunting* serta karakteristik keluarga balita di Puskesmas Bawangan Ploso tahun 2019.

Metode deskriptif digunakan dalam penelitian ini. Dengan populasi 404 balita *stunting* yang tersebar di 13 desa. Dengan cara *simple random sampling* diperoleh sampel desa Losari sebanyak 48 balita *stunting*. Data diperoleh dengan melakukan wawancara langsung menggunakan kuesioner pada responden.

Hasil penelitian sebagian besar tingkat pendidikan SLTA sederajat, 70,8% ayah, 56,2% ibu. 54,2% ayah sebagai pedagang, 75,0% ibu mengurus rumah tangga. 75,0% penghasilan ayah dibawah UMR (Rp. 2.445.900), ibu 95,8%. Asupan zat gizi kurang, energi 97,9%, protein 56,2%, lemak 97,9%, karbohidrat 93,7%. Pola asuh, 60,4% ibu memberi makan 3x, 54,2% ASI eksklusif dan MP ASI diatas 6 bulan, 45,8% buat MP ASI sendiri, 66,7% air PDAM, 85,4% membiasakan cuci tangan pakai sabun, 100% pakai jamban sehat.

Asupan zat gizi pada balita *stunting* di Desa Losari masih kurang dari standart (AKG), tapi pola asuh yang diberikan keluarga sudah baik. Puskesmas melakukan penyuluhan pada masyarakat, dilakukan pemeriksaan Hb dan pengukuran antropometri di Kelas Ibu Hamil serta dibentuk Kelas Balita *Stunting*. Masyarakat dapat meningkatkan pengetahuan tentang asupan zat gizi bagi balitanya

*Kata kunci* : asupan zat gizi, pola asuh, *stunting*.

# **DESCRIPTION OF NUTRIENT INTAKE AND PARENTING STYLE OF STUNTING'SCHILDREN IN BAWANGAN PLOSO PUBLIC HEALTH CENTER IN 2019**

## **ABSTRACT**

Stunting, or short is linear growth with a score indicator  $<-2$  or more on the height indicator according to age. The stunting prevalence in Bawangan Ploso Puskesmas was 20.7% in 2016 and 18.1% in 2017. Although there was a decrease in prevalence, it was feared that it would increase if there was no intensive treatment because prevalence approached the national threshold of 20%. The purpose of this study was to determine the description of nutrient intake and parenting patterns of stunting toddlers and family characteristics of children under five in the Bawangan Ploso Health Center in 2019.

Descriptive methods were used in this study. With a population of 404 stunting toddlers spread across 13 villages. By using simple random sampling, there were 48 samples of Losari village stunting children. Data obtained by, conducting interviews directly using questionnaires on respondents.

The results of the study were mostly high school level education equivalent, 70.8% father, 56.2% mothers. 54.2% of fathers as traders, 75.0% of mothers take care of households. 75.0% of father's income below the UMR (Rp. 2,445,900), mother 95.8%. Intake of malnutrition, energy 97.9%, protein 56.2%, fat 97.9%, carbohydrate 93.7%. Parenting, 60.4% of mothers feed 3 times, 54.2% exclusive breastfeeding and MP ASI over 6 months, 45.8% for MP ASI alone 66.7% of PDAM water, 85.4% make use of hand washing with soap 100% used healthy latrines.

Nutrition intake in stunting toddlers in Losari Village is still less than standard (AKG), but parenting given by the family is good. The Puskesmas conducts counseling for the community, conducts Hb examinations and anthropometric measurements in the Class of Pregnant Women and establishes a Class of Stunting Toddler. Communities can increase knowledge about nutrient intake for their children. Keywords: nutrient intake, parenting, stunting

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