

# **GAMBARAN ASUPAN ZAT GIZI MAKRO DAN PENYAKIT INFEKSI PADA ANAK BALITA *STUNTING* DI WILAYAH KERJA PUSKESMAS KAMAL KABUPATEN BANGKALAN**

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## **ABSTRAK**

**Latar Belakang** Indonesia mengalami tiga beban masalah gizi salah satunya yaitu *stunting*. Status gizi balita dipengaruhi oleh dua faktor internal yang meliputi asupan zat gizi dan penyakit infeksi sedangkan faktor eksternal meliputi pendidikan, pola asuh, perekonomian keluarga.

**Tujuan** Untuk mengetahui gambaran asupan zat gizi makro dan penyakit infeksi pada anak balita *stunting* di Wilayah Kerja Puskesmas Kamal Kabupaten Bangkalan.

**Metode** Penelitian yang digunakan yaitu penelitian deskriptif. Teknik pengambilan sampel dengan cara *nonprobability sampling* yaitu mengambil seluruh sampel dengan cara menggunakan seluruh anggota populasi untuk dijadikan sampel. Dalam penelitian ini besar sampel penelitian sebanyak 25 responden anak balita *stunting* di Wilayah Kerja Puskesmas Kamal Kabupaten Bangkalan.

**Hasil** Dalam penelitian ini paling banyak responden balita *stunting* berjenis kelamin perempuan dengan rentang usia 1 – 3 tahun. Tingkat asupan energi, protein, lemak dan karbohidrat memiliki hasil terbanyak yaitu dengan kategori defisit. Seluruh balita memiliki riwayat penyakit infeksi ISPA dengan frekuensi sering dan memiliki riwayat penyakit infeksi diare dengan frekuensi jarang.

**Kesimpulan:** Gambaran balita *stunting* di Wilayah Kerja Puskesmas Kamal Kabupaten Bangkalan memiliki tingkat asupan dalam kategori defisit dan memiliki riwayat penyakit ISPA dan diare.

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**Kata Kunci :** Asupan Zat Gizi Makro, Balita Stunting, Penyakit Infeksi

# DESCRIPTION OF MACRO NUTRITION INTAKE AND INFECTIOUS DISEASES IN *STUNTING* TODDLERS IN THE WORK AREA OF KAMAL HEALTH CENTER, BANGKALAN REGENCY

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## ABSTRACT

**Background** Indonesia experiences three burdens of nutritional problems, one of which is *stunting*. The nutritional status of children under five is influenced by two internal factors, which include nutrient intake and infectious diseases, while external factors include education, parenting, and the family economy.

**Destination** This study aims to determine the description of macronutrient intake and infectious diseases in *stunting* children under five in the work area of the Kamal Health Center, Bangkalan Regency.

**Method** The research used is descriptive research. The sampling technique is non-probability sampling, which is taking all samples by using all members of the population as samples. In this study, the research sample was 25 respondents of stunted children under five in the Kamal Health Center Work Area, Bangkalan Regency.

**Results** In this study, most of the respondents to *stunting* under five were female with an age range of 1-3 years. The level of energi, protein, fat and carbohydrate intake had the highest results, namely the deficit category. All children under five had a history of ARI infection with a frequent frequency and a history of diarrheal infection with a rare frequency.

**Conclusion** The picture of *stunting* toddlers in the work area of the Kamal Health Center, Bangkalan Regency has an intake level in the deficit category and has a history of ARI and diarrhea.

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**Keywords:** Intake of Macro Nutrients, Stunting Toddler, Infectious Diseases