

# HUBUNGAN ASUPAN PROTEIN DAN ZAT GIZI MIKRO DENGAN KEJADIAN *STUNTING* PADA BADUTA DI KELURAHAN BANGKINGAN SURABAYA

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## ABSTRAK

**Latar Belakang :** *Stunting* merupakan permasalahan gizi kronis yang terjadi karena asupan zat gizi yang kurang dalam jangka waktu yang lama, sehingga menyebabkan gangguan pertumbuhan yang ditandai dengan tinggi badan yang tidak sesuai dengan umur.

**Tujuan :** Menganalisis hubungan asupan protein dan zat gizi mikro dengan kejadian *stunting* pada baduta di Kelurahan Bangkingan Surabaya.

**Metode :** Jenis penelitian ini menggunakan rancangan penelitian survei analitik observasional dengan studi *cross sectional*. Populasi penelitian adalah baduta usia 1-23 bulan di Kelurahan Bangkingan Surabaya yang diambil menggunakan teknik *simple random sampling*. Sampel penelitian sebanyak 53 baduta. Pengumpulan data asupan menggunakan *recall* 2x24 jam, data status gizi dengan cara pengukuran panjang badan menggunakan *length board*.

**Hasil :** Kejadian *stunting* pada baduta (24,5%), asupan protein baduta dalam kategori lebih (92,5%), asupan vitamin A baduta dalam kategori cukup (86,8%), asupan *zinc* baduta dalam kategori cukup (98,1%), dan asupan zat besi baduta dalam kategori cukup (71,7%). Hasil uji korelasi *Spearman* menyatakan bahwa tidak ada hubungan asupan protein dengan kejadian *stunting* dengan nilai  $p = 1,00 > 0,05$ , ada hubungan asupan vitamin A dengan kejadian *stunting* dengan nilai  $p = 0,032 < 0,05$ , tidak ada hubungan asupan *zinc* dengan kejadian *stunting* dengan nilai  $p = 0,574 > 0,05$ , serta tidak ada hubungan asupan zat besi dengan kejadian *stunting* dengan nilai  $p = 0,242 > 0,05$ .

**Kesimpulan dan Saran :** Ada hubungan asupan vitamin A dengan kejadian *stunting* pada baduta di Kelurahan Bangkingan Surabaya. Saran yang dapat diberikan yaitu dapat menggali lebih dalam beberapa faktor-faktor lain pendukung penyebab kejadian *stunting* pada baduta.

**Kata Kunci :** kejadian *stunting*, asupan protein, asupan zat gizi mikro

**CORRELATION BETWEEN PROTEIN INTAKE AND MICRONUTRIEN  
INTAKE WITH *STUNTING* INCIDENDE IN UNDER TWO YEARS AT  
BANGKINGAN SURABAYA**

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**ABSTRACT**

**Background :** Stunting is a chronic nutritional problem that occurs due to intake of nutrients that are lacking in a long period of time, causing growth disorders that are characterized by height that is not according to age.

**Objective :** Analyzing the correlation between protein intake and micronutrients with the incidence of stunting in under two years in Bangkingan, Surabaya.

**Research Method :** This type of research uses an observational analytic survey research design with cross sectional study. The population of the research was the young people aged 1-23 months in Bangkingan, Surabaya, which were taken using simple random sampling technique. The research sample of 53 under two years. Intake data collection using 2x24 hour recall, nutritional status data by measuring body length using the length board.

**Result :** The incidence of stunting in under two years (24.5%), intake of protein in under two years in the more category (92.5%), intake of vitamin A in the under two years in the sufficient category (86.8%), intake of zinc in under two years in the sufficient category (98.1%) , and intake of iron under two years in the sufficient category (71.7%). Spearman correlation test results state that there is no correlation between protein intake and the incidence of stunting with a value of  $p = 1.00 > 0.05$ , there is a correlation between vitamin A intake and the incidence of stunting with a value of  $p = 0.032 < 0.05$ , there is no correlation between zinc intake with the incidence of stunting with a value of  $p = 0.574 > 0.05$ , and there is no correlation between iron intake and the incidence of stunting with a value of  $p = 0.242 > 0.05$ .

**Conclusion and Suggestion :** There is a correlation between vitamin A intake and the incidence of stunting in under two years in Bangkingan, Surabaya. Suggestion that can be given is to be able to dig deeper into some of the other factors supporting the cause of the stunting incident at under two years.

**Keywords :** stunting, protein intake, micronutrient intake