

**HUBUNGAN ASUPAN ZAT GIZI MAKRO (PROTEIN, LEMAK,
KARBOHIDRAT) DAN MIKRO (Zn) DENGAN KEJADIAN BALITA
STUNTING USIA 24-59 BULAN DI WILAYAH KERJA PUSKESMAS
TAMBAKREJO SIDOARJO**

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ABSTRAK

Latar Belakang : Kekurangan gizi kronis yang masih tinggi di Indonesia salah satunya yaitu stunting. Kejadian stunting pada balita memiliki dampak terhadap kualitas Sumber Daya Manusia (SDM). Stunting adalah kondisi Ketika balita mengalami keterlambatan pertumbuhan fisik yang ditandai dengan nilai z-score TB/U berada <-2SD. **Tujuan :** Penelitian ini mengetahui Hubungan Asupan Zat Gizi Makro (Protein, Lemak, Karbohidrat) dan Mikro (Zn) dengan Kejadian Stunting pada Balita di Wilayah Kerja Puskesmas Tambakrejo Sidoarjo. **Metode :** Jenis penelitian ini adalah observasional analitik pengambilan sampel menggunakan *simple random sampling* dengan jumlah sampel 60 balita usia 24-59 bulan. Asupan zat gizi didapatkan dengan melalui form recall 2x24 jam dan data kejadian stunting didapatkan dengan melakukan pengukuran tinggi badan. Data diuji dengan menggunakan *rank spearman* **Hasil :** Dari balita stunting mengalami defisit berat asupan zat gizi protein sebanyak 8 (13,3%). Balita dengan asupan lemak defisit berat dan stunting sebanyak 16 (16,7%). Balita dengan asupan karbohidrat defisit berat dan stunting sebanyak 19 (31,7%), .Balita asupan zink kurang dan stunting sebanyak 13 (21,7%). **Kesimpulan :** Ada hubungan asupan zat gizi makro (protein, lemak, karbohidrat) dan mikro (Zn) dengan kejadian balita stunting usia 24-59 bulan di wilayah kerja puskesmas tambakrejo sidoarjo. Saran :

Kata Kunci : *Asupan Zat Gizi Makro (Protein, Lemak, Karbohidrat), Asupan Zat Gizi Zink, Kejadian Stunting*

THE RELATIONSHIP BETWEEN MACRO (PROTEIN, FAT, CARBOHYDRATE) AND MICRO (Zn) NUTRIENT INTAKE WITH THE INCIDENCE OF STUNTING TODDLERS AGED 24-59 MONTHS IN THE WORKING AREA OF TAMBAKREJO SIDOARJO HEALTH CENTER

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ABSTRACT

Background: Chronic malnutrition that is still high in Indonesia is stunting. The incidence of stunting in toddlers has an impact on the quality of Human Resources (HR). Stunting is a condition when toddlers experience physical growth delays characterized by a z-score of TB / U is $< -2SD$. **Objective:** This study determines the relationship between macro (protein, fat, carbohydrate) and micro (Zn) nutrient intake with the incidence of stunting in toddlers in the Tambakrejo Sidoarjo Health Center Work Area. **Method:** This type of research is observational analytical sampling using *the simple random sampling* method with a sample of 60 toddlers aged 24-59 months. Nutritional intake is obtained by recalling 2x24 hours and stunting incidence data is obtained by measuring height. **Results:** From stunted toddlers experienced a severe deficit in protein nutrient intake as much as 8 (13.3%). Toddlers with fat intake weight deficit and stunting as much as 16 (16.7%). Toddlers with carbohydrate intake weight deficit and stunting as much as 19 (31.7%), . Toddlers have less zinc intake and stunting by 13 (21.7%). **Conclusion:** There is a relationship between the intake of macro (protein, fat, carbohydrate) and micro (Zn) nutrients with the incidence of stunting toddlers aged 24-59 months in the working area of the Tambakrejo Sidoarjo Health Center.

Keywords: *Macronutrient Intake (Protein, Fat, Carbohydrate), Zinc Nutrient Intake, Stunting Incidence*