

ABSTRAK

Nia Feronika Purba. Nim 5173540027. Hubungan Asupan Energi Dan Protein Dengan Kejadian Stunting Pada Balita Di Puskesmas Bonandolok Kecamatan Sijamapolang Kabupaten Humbang Hasundutan. Program Studi Gizi. Pendidikan Kesejahteraan Keluarga. Fakultas Teknik. Universitas Negeri Medan. 2023.

Tujuan penelitian ini untuk mengetahui: 1) Karakteristik responden balita (usia responden, usia ibu, pekerjaan (ayah dan ibu), pendidikan (ayah dan ibu), pendapatan ayah dan ibu dan besar keluarga); 2) Balita Stunting; 3) Kecukupan asupan karbohidrat pada balita; 4) Kecukupan asupan protein pada balita; 5) Hubungan asupan karbohidrat dengan kejadian stunting balita; 6) Hubungan asupan protein dengan kejadian stunting balita; 7) Hubungan asupan karbohidrat dan protein dengan kejadian stunting balita. Teknik pengambilan sampel dilakuakn dengan cara total sampling. Desain penelitian cross sectional. Teknik pengumpulan data dengan menggunakan kuesioner food recall 3 x 24 jam dan data stunting dikumpulkan melalui pengukuran tinggi badan. Teknik analisis data menggunakan uji univaria, uji bivariat Rank Spearman, dan uji multivariat regresi linier berganda.

Berdasarkan hasil uji korelasi Rank Spearman, terdapat hubungan positif dan signifikan antara asupan karbohidrat dengan kejadian stunting yang ditunjukkan oleh koefisien korelasi sebesar 0.72 (p value = 0.00). Dari nilai korelasi tersebut diperoleh nilai positif yang berarti searah, sehingga semakin tinggi asupan karbohidrat maka akan semakin baik status gizi (tidak stunting). Berdasarkan hasil uji korelasi Rank Spearman, terdapat hubungan positif dan signifikan antara asupan protein dengan kejadian stunting yang ditunjukkan oleh koefisien korelasi sebesar 0.79 (p value = 0.00). Dari nilai korelasi tersebut diperoleh nilai positif yang berarti searah, sehingga semakin tinggi asupan protein maka akan semakin baik status gizi (tidak stunting). Berdasarkan hasil uji regresi linier berganda, diperoleh nilai koefisien determinasi sebesar R Square = 0.79 yang artinya besar variabel asupan karbohidrat dan asupan protein mempengaruhi kejadian stunting sebesar 79%.

ABSTRACT

Nia Feronika Purba. Nim 5173540027. The Relationship between Energy and Protein Intake with Stunting Incidents in Toddlers at the Bonandolok Health Center, Sijamapolang District, Humbang Hasundutan Regency. Nutrition Study Program. Family Welfare Education. Faculty of Engineering. Medan State University. 2023.

The purpose of this study was to determine: 1) Characteristics of respondents under five (age of respondents, mother's age, occupation (father and mother), education (father and mother), income of father and mother and family size); 2) Stunting Toddlers; 3) Adequate carbohydrate intake for toddlers; 4) Adequate protein intake for toddlers; 5) The relationship of carbohydrate intake with the incidence of stunting under five; 6) The relationship between protein intake and the incidence of stunting in children under five; 7) The relationship between carbohydrate and protein intake with the incidence of stunting under five. The sampling technique was carried out by total sampling. The research design is cross sectional. Data collection techniques using a food recall questionnaire 3 x 24 hours and stunting data were collected through height measurements. The data analysis technique used univariate test, Rank Spearman bivariate test, and multiple linear regression multivariate test.

Based on the results of the Spearman Rank correlation test, there is a positive and significant relationship between carbohydrate intake and the incidence of stunting, which is indicated by a correlation coefficient of 0.72 (p value = 0.00). From the correlation value, a positive value is obtained which means in the same direction, so the higher the carbohydrate intake, the better the nutritional status (not stunting). Based on the results of the Spearman Rank correlation test, there is a positive and significant relationship between protein intake and the incidence of stunting, which is indicated by a correlation coefficient of 0.79 (p value = 0.00). From the correlation value, a positive value is obtained which means in the same direction, so the higher the protein intake, the better the nutritional status (not stunting). Based on the results of multiple linear regression, the coefficient of determination was R Square = 0.79, which means that the variable carbohydrate intake and protein intake affected the incidence of stunting by 79%.