

ABSTRACT
NUTRIENTS INTAKE AND NUTRITIONAL STATUS OF STUNTING CHILDREN AGED 6-23 MONTHS IN TIMBULHARJO VILLAGE SEWON SUB-DISTRICT BANTUL REGENCY

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Background : Nutrition problems that often occur in children is stunting or failure to grow, one of the causes is the lack of nutrient intake received by the fetus / baby since the baby is in the womb and the child was born early, but stunting only appears after the child is two years old. In 2019, prevalence of stunting toddlers aged 24-59 months in Timbulharjo Village was 10,13% and prevalence of stunting baduta was 8,49%.

Objectives : Knowing the nutrients intake (energy, protein, calcium, iron, and zinc) and nutritional status (BB/U, BB/PB, and BMI/U index) of stunting children aged 6-23 months in Timbulharjo Village, Sewon Sub-District, Bantul Regency.

Methods : This was an observational study with cross sectional design. The study was conducted in Timbulharjo Village, Sewon District, Bantul Regency. The research sampel consist of 25 stunting children aged 6-23 months. Data were collected of nutrients intake using two-times food recall 24H consecutive days, while nutritional status data were measured directly by the child's weight and height.

Result : Most stunting children lack of nutrient intake, lack of energy (64%), lack of calcium (68%), lack of iron (68%), lack of zinc (96%), and good protein (36%). Most stunting children have normal nutritional status based on three nutritional status index, BB/U (88%), BB / PB (72%), and BMI / U (68%).

Conclusion : Most stunting children experience lack of energy, calcium, iron, and zinc nutrition. Most stunting children have normal nutritional status based on three nutritional status index calculations.

Keywords : nutrients intake, nutritional status, stunting children

ABSTRAK
ASUPAN ZAT GIZI DAN STATUS GIZI PADA ANAK STUNTING USIA
6-23 BULAN DI DESA TIMBULHARJO KECAMATAN SEWON
KABUPATEN BANTUL

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Latar Belakang : Masalah gizi yang sering terjadi pada anak yaitu stunting atau gagal tumbuh, salah satu penyebabnya adalah kekurangan asupan zat gizi yang diterima oleh janin/bayi sejak bayi dalam kandungan dan masa awal anak lahir, tetapi stunting baru nampak setelah anak berusia dua tahun. Pada tahun 2019, prevalensi balita stunting usia 24-59 bulan di Desa Timbulharjo sebesar 10,13% dan prevalensi baduta stunting sebesar 8,49%.

Tujuan Penelitian : Diketuinya asupan zat gizi (energi, protein, kalsium, zat besi, dan seng) dan status gizi (Indeks BB/U, BB/PB, dan IMT/U) pada anak stunting usia 6-23 bulan di Desa Timbulharjo, Kecamatan Sewon, Kabupaten Bantul.

Metode Penelitian : Jenis penelitian ini adalah *observasional* dengan desain *cross sectional*. Penelitian dilaksanakan di Desa Timbulharjo, Kecamatan Sewon, Kabupaten Bantul. Sampel pada penelitian ini berjumlah 25 anak stunting usia 6-23 bulan. Pengumpulan data asupan zat gizi dilakukan dengan menggunakan metode *recall* selama 2 hari tidak berturut-turut, sedangkan data status gizi dengan pengukuran berat badan dan tinggi badan anak secara langsung.

Hasil : Sebagian besar anak stunting mengalami kekurangan asupan zat gizi, yaitu energi kurang (64%), kalsium kurang (68%), zat besi kurang (68%), seng kurang (96%), dan protein baik (36%). Sebagian besar anak stunting memiliki status gizi normal berdasarkan tiga indeks status gizi, yaitu BB/U (88%), BB/PB (72%), dan IMT/U (68%).

Kesimpulan : Sebagian besar anak stunting mengalami kekurangan asupan zat gizi energi, kalsium, zat besi, dan seng. Sebagian besar anak stunting memiliki status gizi normal berdasarkan tiga indeks perhitungan status gizi.

Kata Kunci : Asupan zat gizi, status gizi, anak stunting