

**Praktik Pemberian Makan dan Status *Stunted* Balita di Desa Sendangmulyo,
Kecamatan Minggir, Sleman**

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ABSTRACT

Background: The prevalence of stunted in national average is 37.2%, while in village is Sendangmulyo 27.0%. Stunted is the proportion of children based on the length or height for age-value <-2 SD. Stunted emerges as a result of prolonged and chronic condition. High prevalence of stunted in Indonesia is because lack of information and knowledge related to the support for feeding infants appropriately, such as eating frequency and type of food.

Objective: Knowing the feeding practices and status of stunted children under five in village Sendangmulyo, Minggir, Sleman.

Methods: The study design is cross-sectional. The subjects included 62 infants aged 6-59 months who live in Sendangmulyo village. Data were taken including height by using microtoice and infantometer. While feeding practices were obtained by questionnaire. Analysis of bivariate data using cross table.

Results: The results showed 79.0% and 59.7% feeding practices on the frequency and type of food eaten accordingly. Toddlers had stunted status of 27.4%. Results Table cross showed a toddler with appropriate feeding frequency had non *stunted* status by 59.7% with an OR of 1.9 (95% CI; 0.5 to 7.0) and the appropriate type of food had non *stunted* status of 46.8% with OR 2, 0 (95% CI; 0.7 to 6.3).

Conclusion: There is a link between feeding practices in the form of meal frequency and type of food with stunted status.

Keywords: feeding practices, eating frequency, type of food, stunted, toddler.

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ABSTRAK

Latar Belakang: Prevalensi *stunted* nasional sebesar 37,2%, sedangkan di Desa Sendangmulyo sebesar 27,0%. *Stunted* adalah proporsi anak berdasarkan panjang atau tinggi badan menurut umur bernilai <-2 SD. *Stunted* muncul sebagai akibat dari keadaan yang berlangsung lama dan bersifat kronis. Prevalensi *stunted* di Indonesia tinggi terjadi karena kurangnya informasi dan pengetahuan yang berkaitan dengan dukungan untuk memberi makan balita dengan tepat, seperti frekuensi makan dan jenis makanan.

Tujuan: Mengetahui praktik pemberian makan dan status *stunted* balita di Desa Sendangmulyo, Kecamatan Minggir, Sleman.

Metode: Desain penelitian yang digunakan adalah cross-sectional. Subyek penelitian berjumlah 62 balita berusia 6-59 bulan yang berdomisili di Desa Sendangmulyo. Data yang diambil meliputi tinggi badan dengan menggunakan microtoice dan infantometer. Sedangkan praktik pemberian makan diperoleh dengan kuesioner. Analisis data bivariat dengan tabel silang.

Hasil: Hasil penelitian menunjukkan 79,0% dan 59,7% praktik pemberian makan pada frekuensi makan dan jenis makanan sesuai. Balita memiliki status *stunted* sebesar 27,4%. Hasil Tabel silang menunjukkan balita dengan frekuensi makan sesuai memiliki status *nonstunted* sebesar 59,7% dengan OR 1,9 (CI 95%; 0,5 – 7,0) dan jenis makanan sesuai memiliki status *nonstunted* sebesar 46,8% dengan OR 2,0 (CI 95%; 0,7 – 6,3).

Kesimpulan: Ada keterkaitan praktik pemberian makan berupa frekuensi makan dan jenis makanan dengan status *stunted*.

Kata kunci: praktik pemberian makan, frekuensi makan, jenis makanan, *stunted*, balita.