

Universitas Ngudi Waluyo
Program Studi Gizi Fakultas Ilmu Kesehatan
Skripsi, September 2020
Ervika Damayani
060116A012

HUBUNGAN KONSUMSI MAKANAN OLAHAN DAN ASUPAN PROTEIN HEWANI DENGAN KEJADIAN *STUNTING* PADA BALITA

ABSTRAK

Latar Belakang: Asupan gizi berpengaruh terhadap *stunting*. Salah satu asupan gizi tersebut yaitu protein. Makanan olahan dan asupan protein hewani berkaitan dengan jumlah asupan protein. Penelitian ini untuk mengetahui hubungan konsumsi makanan olahan dan asupan protein hewani dengan kejadian *stunting* pada balita.

Metode: Desain penelitian ini adalah *literature review*. Pencarian artikel menggunakan *google scholar* dan penetapan artikel adalah balita berusia 6-59 bulan, wilayah Asia dan Indonesia, tahun 2019-2020, *full PDF*, berbahasa Indonesia dan Inggris. Artikel yang dipilih dibuat ringkasan meliputi judul artikel, penulis, tahun terbit, desain penelitian, waktu dan tempat penelitian, populasi dan sampel, gambaran penelitian, variabel dan cara ukur, dan hasil penelitian.

Hasil: Artikel yang digunakan dalam penelitian yaitu 6 artikel. Konsumsi makanan olahan daging berhubungan signifikan dengan kejadian *stunting*. Konsumsi makanan olahan sebagai faktor resiko *stunting* ($p=0.026$). Asupan protein hewani berhubungan signifikan dengan kejadian *stunting*. Asupan protein hewani meningkatkan panjang badan atau tinggi badan dan penurunan *stunting* pada balita ($p<0.05$).

Simpulan: Terdapat hubungan konsumsi makanan olahan daging dan asupan protein hewani dengan *stunting*. Konsumsi makanan olahan daging sebagai faktor resiko *stunting* dan asupan protein hewani berkaitan penurunan *stunting*.

Kata kunci: Makanan olahan daging, asupan protein hewani, *stunting*

Ngudi Waluyo University
Study Program of Nutrition, Faculty of Health Science
Final Project, September 2020
Ervika Damayani
060116A012

THE CORRELATION BETWEEN CONSUMPTION OF PROCESSED FOOD AND ANIMAL PROTEIN INTAKE WITH INCIDENCES OF STUNTING ON TODDLERS

ABSTRACT

Background: Nutrients intake was effect on stunting. One of these nutrient intake was protein. Processed food and animal protein intake were related to the amount of protein intake. This study was aimed to investigate the correlation between consumption of processed food and animal protein intake with incidences of stunting on toddlers.

Methods: The design of this study was a literature review. The research articles using Google scholar and determining articles for toddlers aged 6-59 months, Asia and Indonesia, 2019-2020, full PDF, articles in Indonesian and English language. The selected article was made a summary covering the article title, author, year of publication, design of study, time and place, population and sample, description, variables and measurement methods, and results.

Results: The articles used in the study were 6 articles. Consumption of meat processed foods was significant correlation with the incidence of stunting. Consumption meat processed foods as a risk factor for stunting ($p=0.026$). Animal protein intake was significant correlation with the incidence of stunting. Animal protein intake increased body length or height and reduced stunting on toddlers ($p<0.05$).

Conclusion: There was correlation consumption meat processed food and animal protein intake with the incidence of stunting. Consumption meat processed foods as a risk factor for stunting and animal protein intake was associated with reduced stunting.

Keywords: Meat processed foods, animal protein intake, stunting