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Skripsi, Agustus 2022  
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## **Hubungan Asupan Energi, Asupan Protein, dan Pola Asuh dengan Kejadian *Stunting* pada Batita di Desa Kebonagung Kecamatan Sumowono Kabupaten Semarang**

### **ABSTRAK**

**Latar Belakang :** Kecukupan asupan energi dan protein berpengaruh terhadap stunting. Penyebab lain dari stunting yaitu pola asuh. Penelitian ini untuk mengetahui hubungan asupan energi, asupan protein, dan pola asuh dengan kejadian *stunting* pada batita di Desa Kebonagung Kecamatan Sumowono Kabupaten Semarang.

**Metode :** Penelitian ini menggunakan desain penelitian analitik dengan pendekatan *cross sectional*. Populasi penelitian adalah semua batita di Desa Kebonagung Kecamatan Sumowono Kabupaten Semarang dengan sampel penelitian menggunakan *total sampling* dengan jumlah sampel 75 batita. Pengumpulan data menggunakan kuisioner CFSQ, SQ-FFQ, dan *length board* dan *microtoise*. Analisis data dengan uji *Kendall Tau* ( $\alpha = 0,05$ ).

**Hasil :** Asupan energi kategori defisit berat yaitu 78,7%, defisit sedang 10,7%, defisit ringan 1,3%, normal 6,7%, dan lebih 2,7%. Asupan protein kategori defisit berat 6,7%, defisit ringan 13,3%, normal 36,0%, dan lebih 44,0%. Pola asuh demokratis 36,0%, pola asuh penelantar 28,0%, pola asuh permisif 20,0%, dan pola asuh otoriter 16,0%. Ada hubungan antara asupan energi dan asupan protein dengan kejadian stunting ( $p=0,042$ ;  $p=0,001$ ). Tidak ada hubungan antara pola asuh dengan kejadian stunting pada batita di Desa Kebonagung Kecamatan Sumowono Kabupaten Semarang ( $p=0,067$ ).

**Simpulan :** Ada hubungan antara asupan energi dan asupan protein dengan kejadian stunting. Tidak ada hubungan antara pola asuh dengan kejadian stunting pada batita di Desa Kebonagung Kecamatan Sumowono Kabupaten Semarang.

**Kata Kunci :** Asupan energi, asupan protein, pola asuh, stunting

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Thesis, August 2022  
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**The Relationship between of Energy Intake, Protein Intake, and *Feeding Style* with *Stunting* in Toddlers in Kebonagung Village, Sumowono District, Semarang Regency**

**ABSTRACT**

**Background:** Adequacy of energy and protein intake affect stunting. Another cause of stunting is feeding style. This study was to determine the relationship between energy intake, protein intake, and feeding style with stunting in toddlers in Kebonagung Village, Sumowono District, Semarang Regency.

**Methods :** This study used an analytical research design with a cross sectional approach. The research population is all toddlers in Kebonagung Village, Sumowono District, Semarang Regency with the research sample using total sampling technique with a total sample of 75 toddlers. Data was collected data using CFSQ, SQ-FFQ, and length board and microtoise questionnaires. Data analysis with Kendall Tau test ( $\alpha = 0.05$ ).

**Results :** Energy intake in the category of severe deficiency is 78.7%, moderate deficiency is 10.7%, mild deficiency is 1.3%, normal is 6.7%, and high level intake is 2.7%. Protein intake in the category of severe deficiency was 6.7%, mild deficiency was 13.3%, normal was 36.0%, and high level intake was 44.0%. Democratic feeding style categories is 36.0%, neglectful feeding style is 28.0%, permissive feeding style is 20.0%, and authoritarian feeding style is 16.0%. There is a relationship between energy intake and protein intake with stunting ( $p= 0.042$ ;  $p=0.001$ ). There is no relationship between parenting and stunting in toddlers in Kebonagung Village, Sumowono District, Semarang Regency ( $p = 0.067$ ).

**Conclusiom :** There is a relationship between energy intake and protein intake with stunting. There is no relationship between feeding style and stunting in toddlers in Kebonagung Village, Sumowono District, Semarang Regency.

**Keywords :** Energy intake, protein intake, *feeding style*, *stunting*