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**HUBUNGAN ASUPAN ENERGI, PROTEIN, BERAT BADAN LAHIR, PANJANG BADAN LAHIR, DAN TINGGI BADAN IBU DENGAN STUNTING PADA BATITA DI DESA KEBONAGUNG, KECAMATAN SUMOWONO, KABUPATEN SEMARANG**

**ABSTRAK**

**Latar Belakang :** Stunting adalah masalah gizi utama yang masih banyak terjadi di Indonesia dan memberikan beberapa dampak bagi kesehatan anak. Stunting dipengaruhi oleh faktor langsung yaitu asupan zat gizi dan penyakit infeksi serta faktor tidak langsung. Tujuan penelitian ini yaitu untuk mengetahui hubungan asupan energi, protein, berat badan lahir, panjang badan lahir, dan tinggi badan ibu dengan stunting pada batita.

**Metode :** Penelitian ini menggunakan pendekatan *cross sectional*. Populasi adalah batita usia 12-35 bulan. Sampel berjumlah 71 batita diambil dengan teknik *total sampling*. Instrumen penelitian berupa kuesioner SQ-FFQ, *length board* dan *microtoise*. Analisis data menggunakan uji *spearman rho* ( $CI=95\%$ ,  $\alpha=0,05$ ).

**Hasil :** Hasil penelitian menunjukkan 57 batita (80,3%) memiliki asupan energi defisit berat, 33 batita (46,5%) memiliki asupan protein lebih, 10 batita (14,1%) memiliki riwayat berat badan lahir rendah, 12 batita (16,9%) memiliki riwayat panjang badan lahir pendek, 16 ibu (22,5%) dengan tinggi badan pendek dan 18 batita (25,3%) mengalami stunting. Analisis bivariat menunjukkan terdapat hubungan asupan energi ( $p=0,035$ ) dan asupan protein ( $p=0,019$ ) dengan stunting pada batita. Sedangkan tidak terdapat hubungan berat badan lahir ( $p=0,223$ ), panjang badan lahir ( $p=0,397$ ), dan tinggi badan ibu ( $p=0,278$ ) dengan stunting pada batita.

**Simpulan :** Terdapat hubungan asupan energi dan protein dengan stunting pada batita di Desa Kebonagung. Tidak terdapat hubungan berat badan lahir, panjang badan lahir, dan tinggi badan ibu dengan stunting pada batita di Desa Kebonagung.

**Kata Kunci :** batita, energi, protein, berat badan lahir, panjang badan lahir, tinggi badan ibu, stunting.

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**RELATIONSHIP BETWEEN ENERGY, PROTEIN INTAKE, BIRTH WEIGHT, BIRTH LENGTH, AND HEIGHT OF MOTHER WITH STUNTING IN CHILDREN IN KEBONAGUNG VILLAGE, SUMOWONO DISTRICT, SEMARANG REGENCY**

**ABSTRACT**

**Background :** Stunting is a major nutritional problem in Indonesia and has several impacts on children's health. Stunting is influenced by nutrient intake and infectious diseases. Aim of this study was to determine the relationship between energy intake, protein, birth weight, birth length, and maternal height with stunting in toddlers.

**Method :** This study was a correlation analytic design with a cross sectional approach. The population is toddlers aged 12-35 months. A sample of 71 toddlers was taken using a total sampling technique. The research instruments were SQ-FFQ questionnaire, length board and microtoise. Data analysis using SPSS program with bivariate analysis using Spearman Rho test (CI=95%, =0.05).

**Results :** The results showed that 57 toddlers (80.3%) had a severe deficiency of energy intake, 33 toddlers (46.5%) had high level of protein intake, 10 toddlers (14.1%) had a history of low birth weight, 12 toddlers (16, 9%) had a history of short birth length, 16 mothers (22.5%) were short in height and 18 toddlers (25.3%) were stunted. There was a relationship between energy intake ( $p=0.035$ ) and protein intake ( $p=0.019$ ) with stunting in toddlers. There was no relationship between birth weight ( $p = 0.223$ ), birth length ( $p = 0.397$ ), and maternal height ( $p = 0.278$ ) with stunting in toddlers.

**Conclusion :** There is a relationship between energy and protein intake with stunting in toddlers in Kebonagung Village. There is no relationship between birth weight, birth length, and maternal height with stunting in toddlers in Kebonagung Village.

**Keywords:** toddlers, energy, protein, birth weight, birth length, maternal height, stunting.