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## **GAMBARAN ASUPAN ENERGI, PROTEIN DAN KEJADIAN *STUNTING* PADA BALITA USIA 24-59 BULAN DI DESA KEMAWI, KECAMATAN SUMOWONO, KABUPATEN SEMARANG**

### **ABSTRAK**

**Latar Belakang :** Asupan zat gizi yang baik dibutuhkan pada masa periode balita untuk menghindari kejadian *stunting*. Balita usia 24-36 bulan membutuhkan energi sebesar 1250 kkal/hari dan protein sebesar 26 gram/hari, sedangkan balita usia 37-59 bulan membutuhkan energi sebesar 1750 kkal/hari dan protein sebesar 35 gram/hari. Tujuan penelitian ini yaitu untuk mengetahui gambaran asupan energi, protein dan kejadian *stunting* pada balita usia 24-59 bulan di Desa Kemawi, Kecamatan Sumowono, Kabupaten Semarang.

**Metode :** Penelitian ini bersifat observasional dengan pendekatan deskriptif yang dilakukan pada 59 sampel balita di Desa Kemawi, Kecamatan Sumowono, Kabupaten Semarang. Metode pengumpulan data menggunakan formulir *Food Recall* 24 jam.

**Hasil :** Hasil asupan energi ditemukan balita yang mengalami defisit sebanyak 57 (97%) dan normal sebanyak 2 (3%). Hasil asupan protein ditemukan balita yang mengalami defisit sebanyak 12 (20,3%), normal sebanyak 16 (27%) dan lebih sebanyak 31 (52,5%). Balita yang mengalami *stunting* sebanyak 19 (33,9%) dan tidak mengalami *stunting* sebanyak 40 (66,1%).

**Simpulan :** Berdasarkan hasil penelitian dapat disimpulkan bahwa sebagian besar balita usia mengalami defisit energi sebanyak 57 (97%), asupan protein berlebih sebanyak 31 (52,5%) dan balita yang mengalami *stunting* sebanyak 19 (33,9%).

**Kata Kunci :** Asupan Energi, Asupan Protein, Balita *Stunting*

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**DESCRIPTION OF ENERGY, PROTEIN INTAKE, AND STUNTING  
EVENTS IN TODDLERS AGED 24-59 MONTHS IN KEMAWI VILLAGE,  
SUMOWONO DISTRICT, SEMARANG REGENCY**

**ABSTRACT**

**Background:** Good nutritional intake is needed during the toddler period to avoid stunting. Toddlers aged 24-36 months require energy of 1250 kcal/day and protein of 26 grams/day, while toddlers aged 37-59 months require energy of 1750 kcal/day and protein of 35 grams/day. The purpose of this study was to describe the intake of energy, protein and the incidence of stunting in toddlers aged 24-59 months in Kemawi Village, Sumowono District, Semarang Regency.

**Methods:** This study is an observational study with a descriptive approach which was conducted on 59 samples of children under five in Kemawi Village, Sumowono District, Semarang Regency. The data collection method uses a 24-hour Food Recall form.

**Results:** The results of energy intake found that there were 57 (97%) deficits and 2 (3%). The results of protein intake found that under five children had a deficit of 12 (20.3%), 16 (27%) normal and more than 31 (52.5%). Toddlers who experienced stunting were 19 (33.9%) and 40 (66.1%).

**Conclusion:** Based on the results of the study, it can be concluded that most of the under-fives experienced an energy deficit of 57 (97%), excess protein intake was 31 (52.5%) and 19 (33.9%).

**Keywords:** Energy Intake, Protein Intake, Stunting Toddlers