

**HUBUNGAN ASUPAN ENERGI, POLA ASUH DAN FREKUENSI
DIARE DENGAN KEJADIAN STUNTING PADA BALITA
USIA 24-59 BULAN DI DESA PLEDOKAN
KECAMATAN SUMOWONO
KABUPATEN SEMARANG**

Putri Permatasari, Indri Mulyasari
Program Studi Gizi, Fakultas Kesehatan, Universitas Ngudi Waluyo
Email : putripermatasari1@gmail.com

ABSTRAK

Latar belakang: Berdasarkan hasil riset kesehatan dasar Jawa Tengah pada tahun 2019 persentase balita stunting di Jawa Tengah sebanyak 20,06% balita pendek dan sebanyak 11,15% balita sangat pendek. Faktor yang mempengaruhi stunting antara lain BBLR, asupan zat gizi, pendidikan orang tua, pemberian ASI eksklusif, pola asuh yang salah, pendidikan orang tua, penyakit infeksi, hygiene sanitasi yang buruk dan pelayanan kesehatan yang kurang.

Tujuan: Mengetahui adanya hubungan asupan energi, pola asuh dan frekuensi diare dengan kejadian stunting pada balita usia 24- 59 bulan di Desa Pledokan, Kecamatan Sumowono, Kabupaten Semarang.

Metode: Penelitian ini menggunakan jenis penelitian analitik observasional dengan pendekatan *cross-sectional*. Populasi dari penelitian yaitu seluruh balita berusia 24-59 bulan yang berjumlah 40 balita dengan teknik sampling yaitu total sampling dengan asupan energi diukur menggunakan kuesioner FFQ, pola asuh diukur menggunakan kuesioner *feeding style*, frekuensi diare diukur dengan kuesioner diare dan kejadian stunting diukur dengan antropometri. Analisis bivariat menggunakan uji korelasi *spearman* ($\alpha = 0,05$).

Hasil: Asupan energi normal 72,5%, defisit ringan 17,5%, defisit berat 2,5% dan lebih 2,5%. Pola asuh demokratis 50%, penelantar 30%, permisif 10%, dan otoriter 10%. Frekuensi diare >6 kali pada 3 bulan terakhir 20% dan ≤ 6 kali pada 3 bulan terakhir 80%. Ada hubungan yang signifikan antara asupan energi dengan kejadian stunting ($p = 0,007$), terdapat hubungan signifikan antara pola asuh dengan kejadian stunting ($p=0,019$) dan terdapat hubungan yang signifikan antara frekuensi diare dengan kejadian stunting ($p < 0,001$).

Simpulan: Ada hubungan antara asupan energi, pola asuh dan frekuensi diare dengan kejadian stunting di Desa Pledokan Kecamatan Sumowono Kabupaten Semarang.

Kata kunci: Asupan Energi, Pola Asuh, Frekuensi Diare, Stunting

**RELATIONSHIP OF ENERGY INTAKE, PARENTING PATTERNS AND
DIARRHEA FREQUENCY WITH STUNTING IN TODDLERS 24-59 MONTHS IN
PLEDOKAN VILLAGE SUMOWONO DISTRICT SEMARANG**

Putri Permatasari, Indri Mulyasari
Nutrition Study Program, The Faculty of Health, Ngudi Waluyo University
Email : putripermatasari@gmail.com

ABSTRACT

Background: Based on the results of basic health research in Central Java in 2019, the percentage of stunting under five in Central Java was 20.06% under five and as many as 11.15% under five very short. Factors that affect stunting include low birth weight, nutrient intake, parental education, exclusive breastfeeding, wrong parenting, parental education, infectious diseases, poor sanitation hygiene and lack of health services

Objective: This study was conducted to determine the relationship between energy intake, parenting patterns and the frequency of diarrhea with the incidence of stunting in toddlers aged 24-59 months in Pledokan Village, Sumowono District, Semarang Regency

Methods: This study uses a type of observational analytic research with a cross-sectional approach. The population of the study were all toddlers aged 24-59 months, totaling 40 toddlers. The sampling technique was total sampling with energy intake measured using the FFQ questionnaire, parenting style was measured using the feeding style questionnaire, the frequency of diarrhea was measured by the diarrhea questionnaire and the incidence of stunting was measured by anthropometry. Bivariate analysis used the Spearman correlation test ($\alpha = 0.05$).

Results: Normal energy intake 72.5%, mild deficit 17.5%, weight deficit 2.5% and more 2.5%. 50% democratic parenting, 30% neglect, 10% permissive, and 10% authoritarian. Frequency of diarrhea > 6 times in the last 3 months 20% and ≤ 6 times in the last 3 months 80%. There is a significant relationship between energy intake and the incidence of stunting ($p = 0.007$), there is a significant relationship between parenting style and the incidence of stunting ($p = 0.019$) and there is a significant relationship between the frequency of diarrhea and the incidence of stunting ($p < 0.001$).

Conclusion: there is a relationship between energy intake, parenting patterns and the frequency of diarrhea with the incidence of stunting in Pledokan Village, Sub- district.

Keywords: stunting, energy intake, parenting and diarrhea frequency.