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## **HUBUNGAN ASUPAN ENERGI, KESESUAIAN USIA PEMBERIAN MP-ASI, DAN PANJANG BADAN LAHIR DENGAN KEJADIAN *STUNTING* BATITA USIA 12-35 BULAN DI DESA MOJOKERTO, KECAMATAN KEDAWUNG, KABUPATEN SRAGEN**

### **ABSTRAK**

**Latar Belakang:** Berdasarkan Survei Status Gizi Indonesia 2022, prevalensi *stunting* 21,6%. Faktor yang mempengaruhi *stunting* yaitu asupan energi, kesesuaian usia pemberian MP-ASI, dan panjang badan lahir. Tujuan penelitian ini untuk mengetahui hubungan asupan energi, kesesuaian usia pemberian MP-ASI, dan panjang badan lahir dengan kejadian *stunting* batita usia 12-35 bulan di Desa Mojokerto.

**Metode:** Penelitian ini menggunakan desain analitik korelasi, dengan populasi batita usia 12-35 bulan di Desa Mojokerto yang berjumlah 163. Teknik *sampling* yang dipakai yaitu *simple random sampling* dengan jumlah sampel 60 batita. Pengambilan data asupan energi dengan *form SQ-FFQ*, usia pemberian MP-ASI dengan wawancara, panjang badan lahir dari buku KIA, tinggi badan dengan *stadiometer*, dan panjang badan dengan *length board*. Analisis data menggunakan uji koefisien kontingensi ( $\alpha=0,05$ ).

**Hasil:** Batita Desa Mojokerto yang mempunyai asupan energi defisit berat sebesar 50%, defisit ringan 18,3%, defisit sedang dan normal masing-masing 15%, dan asupan berlebih 1,7%. Batita diberikan MP-ASI pada usia yang tidak sesuai 71,7%, dan diberikan MP-ASI di usia yang sesuai 28,3%. Batita memiliki panjang badan lahir pendek sebesar 26,7%, sedangkan batita dengan panjang badan lahir normal 73,3%. Batita *stunting* 30% dan yang tidak *stunting* 70%. Ada hubungan asupan energi, dan tidak ada hubungan kesesuaian usia pemberian MP-ASI, dan panjang badan lahir dengan kejadian *stunting* di Desa Mojokerto ( $p=0,039$  ;  $p=0,235$  ;  $p=0,445$  ).

**Simpulan:** Ada hubungan asupan energi dengan kejadian *stunting* batita usia 12-35 bulan di Desa Mojokerto, Tidak ada hubungan kesesuaian usia pemberian MP-ASI serta panjang badan lahir dengan kejadian *stunting* batita usia 12-35 bulan di Desa Mojokerto.

**Kata Kunci:** Asupan Energi, MP-ASI, Panjang Badan Lahir, *Stunting*

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## **THE RELATIONSHIP BETWEEN ENERGY INTAKE, AGE SUITABILITY FOR GIVING MP-ASI, AND BIRTH LENGTH WITH STUNTING INCIDENT OF BATITA AGED 12-35 MONTHS IN MOJOKERTO VILLAGE, KEDAWUNG DISTRICT, SRAGEN REGENCY**

### **ABSTRACT**

**Background:** Based on the 2022 Indonesia Nutrition Status Survey, the prevalence of stunting is 21.6%. Factors that influence stunting are energy intake, age appropriateness for complementary feeding, and birth length. The purpose of this study was to determine the relationship between energy intake, age appropriateness for complementary feeding, and birth length with the incidence of toddler stunting aged 12-35 months in Mojokerto Village.

**Methods:** This study used a analytic correlation, with a population of toddlers aged 12-35 months in Mojokerto Village, approach 163. The sampling technique used was simple random sampling with a sample of 60 toddlers. Retrieval of data on energy intake using the SQ-FFQ form, age for complementary feeding using interviews, body length at birth from KIA book, height using a stadiometer, and body length using a length board. Data analysis used the contingency coefficient test ( $\alpha=0.05$ ).

**Results:** Toddlers from Mojokerto Village who have energy intake with a severe deficit of 50%, mild deficit of 18.3%, moderate and normal deficit of each 15%, and excess intake of 1.7%. Toddlers were given MP-ASI at an inappropriate age 71.7%, and given MP-ASI at an appropriate age 28.3%. Toddlers with short birth length are 26.7%, while toddlers with normal birth length are 73.3%. Toddlers are stunted 30% and those who are not stunted are 70%. There is a relationship between energy intake, and no relationship between age appropriateness for complementary feeding, and birth length with the incidence of stunting in Mojokerto Village ( $p=0.039$ ;  $p=0.235$ ;  $p=0.445$ , respectively).

**Conclusion:** There is a relationship between energy intake and the incidence of stunting in toddlers aged 12-35 months in Mojokerto Village. There is no relationship between age appropriateness for complementary feeding and birth length with stunting in toddlers aged 12-35 months in Mojokerto Village.

**Keywords:** Energy Intake, MP-ASI, Birth Length, Stunting