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Hubungan antara Pemberian ASI Eksklusif dan Asupan Protein dengan Status Gizi Berdasarkan Indeks TB/U Pada Balita Usia 24-59 Bulan di Desa Long Pujungan Kecamatan Pujungan Kabupaten Malinau

ABSTRAK

Latar Belakang : Status gizi pada balita merupakan indikator penting yang mencerminkan kondisi kesehatan dan kesejahteraan anak-anak usia dini. stunting (pendek), atau sangat pendek, yang dapat mengindikasikan adanya masalah gizi kronis akibat asupan makanan yang tidak adekuat, kondisi kesehatan yang buruk, atau faktor lingkungan yang tidak mendukung.

Tujuan : Untuk mengetahui hubungan antara pemberian ASI Eksklusif dan asupan protein dengan status gizi berdasarkan indeks TB/U pada balita usia 24-59 bulan di Desa Long Pujungan.

Metode : Penelitian ini menggunakan pendekatan kuantitatif dengan desain *crosssectional survey*. Populasinya yaitu seluruh ibu yang mempunyai balita di desa Long Pujungan berjumlah 35 orang. Sampel yang digunakan sebanyak 32 responden dengan teknik *purposive sampling*.

Hasil : Balita mendapat ASI Eksklusif 46,9%, tidak ASI Eksklusif 53,1%. asupan protein cukup 9,4%, asupan protein kurang 90,6%. Status gizi normal 46,9%, status gizi pendek (stunted) 53,1%.

Kesimpulan : Hasil uji statistic nilai *p-value* 0,006 menunjukkan ada hubungan antara ASI Eksklusif dengan status gizi dan nilai *p-value* 0,037 menunjukkan ada hubungan antara asupan protein dengan status gizi.

Kata kunci : ASI Eksklusif, Asupan Protein, Status Gizi

Daftar Pustaka : 47 (2010-2024)

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The Relationship between Exclusive Breastfeeding and Protein Intake with Nutritional Status Based on the TB/U Index in Children Aged 24-59 Months in Long Pujungan Village, Pujungan District, Malinau Regency

ABSTRACT

Background: Nutritional status in toddlers is an important indicator that reflects the health and well-being of young children. Stunting, or severely short stature, may indicate chronic nutritional problems caused by inadequate food intake, poor health conditions, or unfavorable environmental factors.

Objective: To determine the relationship between exclusive breastfeeding and protein intake with nutritional status based on the height-for-age index (HAZ) among children aged 24–59 months in Long Pujungan Village.

Method: This study used a quantitative approach with a cross-sectional survey design. The population consisted of all mothers with toddlers in Long Pujungan Village, totaling 35 individuals. A sample of 32 respondents was obtained using a purposive sampling technique.

Results: Toddlers who received exclusive breastfeeding accounted for 46.9%, while those who did not receive exclusive breastfeeding accounted for 53.1%. Adequate protein intake was found in 9.4% of respondents, whereas inadequate protein intake was found in 90.6%. Normal nutritional status was observed in 46.9% of toddlers, while stunted nutritional status was observed in 53.1%.

Conclusion: The statistical test results showed that a p-value of 0.006 indicates a significant relationship between exclusive breastfeeding and nutritional status, and a p-value of 0.037 indicates a significant relationship between protein intake and nutritional status.

Keywords: Exclusive Breastfeeding, Protein Intake, Nutritional Status

References: 47 (2010–2024)