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**HUBUNGAN ANTARA ASUPAN PROTEIN DAN PENGETAHUAN GIZI IBU
DENGAN KEJADIAN STUNTING PADA BALITA USIA 24-59 BULAN DI DESA
SENDANGSOKO KECAMATAN JAKENAN KABUPATEN PATI**

ABSTRAK

Latar belakang: Asupan gizi khususnya protein yang tidak memenuhi kebutuhan secara langsung akan berdampak terhadap perkembangan masa depan seperti mengalami gangguan otak, gangguan kecerdasan, gangguan pertumbuhan fisik dan gangguan metabolisme dalam tubuh. Selanjutnya akan menurunkan kognitif dan prestasi belajar, mudah sakit karena imunitas menurun, dan berisiko munculnya penyakit degeneratif.

Tujuan: Mengetahui hubungan asupan protein dan pengetahuan gizi ibu dengan kejadian *stunting* pada balita usia 24-59 bulan di Desa Sendangsoko Kecamatan Jakenan Kabupaten Pati.

Metode: Jenis penelitian merupakan penelitian observasional menggunakan desain *Cross sectional* dengan teknik simple random sampling dengan jumlah sample penelitian yaitu 53 responden, Pengumpulan data dilakukan dengan metode pengukuran dan wawancara. Penyajian data dalam bentuk tabel frekuensi dan tabel silang.

Hasil: Pada balita *stunting* sebesar (100%) memiliki asupan protein yang kurang, sedangkan pada balita tidak *stunting* sebesar (3,1%) memiliki asupan protein yang baik dan (96,9%) memiliki asupan protein yang lebih. Berdasarkan pengetahuan gizi ibu pada balita tidak *stunting* sebesar (87,5%) memiliki kategori baik, namun pengetahuan gizi ibu pada balita *stunting* (81,0%) pada kategori sedang dan (19,0) memiliki kategori kurang. Hasil analisis korelasi Kendall Tau-B menunjukkan terdapat hubungan yang signifikan antara asupan protein dengan kejadian *stunting* ($p < 0,001$; $\tau_b = 0,978$) dan antara pengetahuan gizi ibu dengan kejadian *stunting* ($p < 0,001$; $\tau_b = 0,832$) pada balita usia 24-59 bulan.

Kesimpulan: Terdapat hubungan yang signifikan antara asupan protein dengan kejadian *stunting* dan pengetahuan gizi ibu dengan kejadian *stunting* pada balita usia 24-59 bulan di Desa Sendangsoko Kecamatan Jakenan Kabupaten Pati.

Kata Kunci: Protein, pengetahuan, balita, *stunting*

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**RELATIONSHIP BETWEEN PROTEIN INTAKE AND MOTHER'S NUTRITION
KNOWLEDGE WITH THE INCIDENCE OF STUNTING IN TODDLERS AGED 24-59
MONTHS IN SENDANGSOKO VILLAGE, JAKENAN DISTRICT, PATI REGENCY**

ABSTRACT

Background: Inadequate nutritional intake, particularly protein, directly impacts future development, including brain disorders, intellectual disabilities, physical growth disorders, and metabolic disorders. This can lead to decreased cognitive function and academic achievement, increased susceptibility to illness due to decreased immunity, and increased risk of degenerative diseases.

Objective: To determine the relationship between protein intake and maternal nutritional knowledge and the incidence of stunting in toddlers aged 24-59 months in Sendangsoko Village, Jakenan District, Pati Regency.

Method: This study was an observational study using a cross-sectional design with simple random sampling. The sample size was 53 respondents. Data were collected using measurement and interviews. Data are presented in frequency tables and cross-tabular tables.

Results: 100% of stunted toddlers had insufficient protein intake, while 3.1% of non-stunted toddlers had adequate protein intake, and 96.9% had adequate protein intake. Based on maternal nutritional knowledge, 87.5% of non-stunted toddlers were categorized as good, while 81.0% of stunted toddlers were categorized as moderate, and 19.0% were categorized as poor. The Kendall Tau-B correlation analysis showed a significant relationship between protein intake and stunting ($p < 0.001$; $\tau_b = 0.978$) and between maternal nutritional knowledge and stunting ($p < 0.001$; $\tau_b = 0.832$) in toddlers aged 24–59 months.

Conclusion: There is a significant relationship between protein intake and stunting and maternal nutritional knowledge and stunting in toddlers aged 24–59 months in Sendangsoko Village, Jakenan District, Pati Regency.

Keywords: Protein, knowledge, toddlers, stunting