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UNIVERSITAS SILIWANGI
TASIKMALAYA
PROGRAM STUDI GIZI
2023**

ABSTRACT

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Patterns of Animal Protein Food Consumption with the Incidence of Stunting in Toddlers 24-59 Months of Age in Karanganyar Village

Stunting is child growth failure due to chronic malnutrition and infection that occurs over a long period of time repeatedly characterized by length or height below the standard for their age. One of the direct factors for stunting is inadequate nutrient intake, especially protein deficiency. Animal protein contains complete essential amino acids and is more easily absorbed by the body. This study aims to analyze the relationship of consumption patterns based on the type, frequency and amount of animal protein with the incidence of stunting in toddlers 24-59 months in Karanganyar Village, Tasikmalaya City. This research method was conducted in an observational analytic with a cross sectional design. The population of this study was all toddlers in Karanganyar Village with subjects aged 24-59 months obtained as many as 81 subjects. Subjects were taken using proportional random sampling technique. The statistical test used was chi-square. The results showed 25.9% of toddlers were stunted and 74.1% of toddlers were not stunted. The results of statistical tests indicate that there is a significant relationship between the type of animal protein consumption ($p=0.003$ OR 5.943), the frequency of animal protein consumption ($p=0.001$ OR 7.893), the amount of adequate animal protein intake ($p=0.000$) with the incidence of stunting.

Keywords : Consumption patterns, Protein, Stunting, Toddler