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ABSTRACT

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THE RELATIONSHIP OF INTAKE OF MACRONUTRIENTS, IRON, AND ZINC WITH THE INCIDENT OF STUNTING

(Observational Study on Toddlers Aged 24-36 Months in Cempaka Village, Plumbon District, Cirebon Regency 2023)

Stunting is a chronic nutritional disorder resulting from a lack of nutrients for a long time, resulting in impaired growth in children. This study aims to identify the relationship between intake of macronutrients, iron and zinc with the incidence of stunting in toddlers aged 24-36 months in Cempaka Village, Plumbon District, Cirebon Regency in 2023. The research method used was an observational study with a cross sectional design conducted in the village. Cempaka, Plumbon District, Cirebon Regency. The sample for this research was 158 children aged 24-36 months in Cempaka Village. Sampling used proportional random sampling technique. The instruments in this study used a stadiometer to measure height, and an SQ-FFQ form and a food photo book to measure the intake of nutrients consumed. Data analysis was carried out using the Spearman Rank correlation test. The results of the research show that there is a significant relationship between intake of carbohydrates, fat, protein, iron and zinc and the incidence of stunting in toddlers 24-36 months in Cempaka Village, Plumbon District, Cirebon Regency in 2023 (p-value <0.001).

Keywords: Stunting, Macronutrients, Iron, Zinc