FAKULTAS ILMU KESEHATAN
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ABSTRACT

NOVIA FAJRIANTI

ASSOCIATION OF ZINC INTAKE AND ZINC STATUS WITH THE INCIDENCE OF STUNTING IN CHILDREN UNDER 24-59 MONTHS OF AGE (OBSERVATION STUDY IN KARANGANYAR VILLAGE, KAWALU SUBDISTRICT, TASIKMALAYA CITY IN 2023)

Stunting is a chronic nutritional problem that causes children to fail to thrive characterized by a TB/U z-score of less than -2SD. One of the direct causes of stunting is nutrient intake, one of which is zinc. Lack of zinc intake is the main cause of zinc deficiency, which can lead to stunting. The purpose of this study was to determine the relationship between zinc intake and zinc status with the incidence of stunting in toddlers aged 24-59 months in Karanganyar Village, Kawalu District, Tasikmalaya City. This study is an observational study using a cross sectional design. The population in this study amounted to 828 toddlers, with a sample size of 81 toddlers using proportional random sampling technique. The research instruments used were a stadiometer to measure toddler height, a questionnaire of respondent and subject characteristics, a SQ-FFQ questionnaire to measure toddler intake, tools for blood sampling and testing zinc levels with the ICP-MS method. Bivariate analysis using Chi Square test. The results showed that there was a relationship between zinc intake and zinc status indicated by p-value=0.000, OR=16.09, and CI=5.329-48.613. There is a relationship between zinc status and the incidence of stunting indicated by p-value=0.000, OR=11.68, and CI=3.415-39.999. There is an association between zinc intake and the incidence of stunting indicated by p-value=0.000, OR=9.91, and CI=2.924-33.628. There is an association between the confounding variable of protein intake and the incidence of stunting indicated by p-value=0.047, OR=3.28, and CI=1.146-9.429. Respondents are expected to expand their knowledge about balanced nutrition guidelines and pay more attention to toddler food intake, especially increasing foods high in zinc and protein to suit their needs as an effort to prevent the occurrence of zinc deficiency and stunting.
***Keywords**: toddlers, zinc intake, zinc status, stunting*