

**FAKULTAS ILMU KESEHATAN
UNIVERSITAS SILIWANGI
TASIKMALAYA
PROGRAM STUDI GIZI
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ABSTRAK

KARLINA

HUBUNGAN KERAGAMAN KONSUMSI PANGAN DAN TINGKAT KECUKUPAN ZAT GIZI DENGAN KEJADIAN STUNTING PADA BALITA USIA 24-59 BULAN (STUDI DI DESA SUKARATU KECAMATAN SUKARESIK KABUPATEN TASIKMALAYA TAHUN 2022)

Stunting adalah suatu kondisi dimana anak mengalami gangguan pertumbuhan sehingga panjang badan atau tinggi badan anak tidak sebanding dengan usianya, sebagai akibat dari masalah gizi kronis dalam kurun waktu yang lama. Dikatakan stunting apabila tinggi badan menurut umur kurang dari -2 Standar Deviasi (SD). Prevalensi stunting secara nasional masih cukup tinggi mencapai 24,4%. Pada tahun 2021, Desa Sukaratu Kecamatan Sukaresik terdapat 91 kasus balita stunting. Penelitian ini bertujuan untuk menganalisis hubungan keragaman konsumsi pangan dan tingkat kecukupan zat gizi dengan kejadian stunting pada balita usia 24-59 bulan di Desa Sukaratu, Kecamatan Sukaresik, Kabupaten Tasikmalaya tahun 2022. Metode penelitian ini dilakukan secara observasional analitik dengan desain *cross sectional*. Uji statistik yang digunakan adalah *Chi-square* dengan tingkat kepercayaan 95%. Hasil penelitian menunjukkan bahwa 44,7% balita usia 24-59 bulan mengalami stunting. Hasil uji *Chi-square* didapatkan ada hubungan signifikan kejadian stunting dengan keragaman pangan [$p=0,001$; PR 6,071 (95%CI 2,169-16,996)], tingkat kecukupan energi [$p=0,001$; PR 5,625 (95%CI 1,959-16,147)], tingkat kecukupan protein [$p=0,001$; PR 12,545 (95%CI 4.077-38,601)], tingkat kecukupan karbohidrat [$p=0,003$; PR 4,333 (95%CI 1,593-11,788)], dan tingkat kecukupan lemak [$p=0,001$; PR 8,529 (95%CI 2,751-26,445)].

Kata Kunci : Balita, Keragaman konsumsi pangan, Stunting, Tingkat Kecukupan Zat Gizi

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ABSTRACT

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THE RELATIONSHIP BETWEEN DIVERSITY OF FOOD CONSUMPTION AND LEVELS OF NUTRITION ADEQUACY WITH STUNTING INCIDENCE IN UNDER-FIVES AGED 24-59 MONTHS (STUDY IN SUKARATU VILLAGE SUKARESIK SUB-DISTRICT TASIKMALAYA REGENCY 2022)

Stunting is a condition in which children experience growth disorders so that the child's body length or height is not proportional to his age, as a result of chronic nutritional problems in a long period of time. It is said to be stunted if the height according to age is less than -2 Standard Deviation (SD). The prevalence of stunting nationally is still quite high, reaching 24,4%. In 2021, Sukaratu Village, Sukaresik District, there were 91 cases of stunting under five. This study aims to analyze the relationship between the diversity of food consumption and nutrient intake with the incidence of stunting in toddlers aged 24-59 months in Sukaratu Village, Sukaresik District, Tasikmalaya Regency in 2022. The method of this research was analytic observational with cross sectional design. The statistical test used was Chi-square with a 95% confidence level. The results showed that 44,7% of toddlers aged 24-59 months were stunted. The results of the Chi-square test showed that there was a significant relationship between stunting and food diversity [$p=0,001$; PR 6,071 (95%CI 2,169-16,996)], energy adequacy level [$p=0,001$; PR 5,625 (95%CI 1,959-16,147)], protein adequacy level [$p=0,001$; PR 12,545 (95%CI 4,077-38,601)], carbohydrate adequacy level [$p=0,003$; PR 4,333 (95%CI 1,593-11,788)], and fat adequacy level [$p=0,001$; PR 8,529 (95%CI 2,751-26,445)].

Keywords: Adequacy Level of Nutrients, Diversity of food consumption, Stunting, Toddler.