

ABSTRAK

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HUBUNGAN KONSUMSI PROTEIN MAKANAN LAUT DENGAN STATUS GIZI PADA BALITA USIA 36-59 BULAN DI DESA BATUKARAS

Konsumsi protein makanan laut merupakan sumber gizi yang baik untuk status gizi, perkembangan otak dan pertumbuhan balita. Tujuan penelitian menganalisis hubungan konsumsi protein makanan laut dengan status gizi pada balita usia 36-59 bulan di Desa Batukaras. Metode menggunakan observasional dengan pendekatan *cross sectional*. Sampel penelitian ini yaitu 84 balita yang dipilih secara *proporsional random sampling*. Instrumen menggunakan form *food recall*, *stadiometer* dan timbangan digital. Uji statistik menggunakan uji *Pearson Correlation* dan *Spearman Rank*. Hasil uji statistik konsumsi protein total rata-rata 134 g, protein hewani rata-rata 84,9 g, protein nabati rata-rata 45,9 g, protein makanan laut rata-rata 49,8 g, protein makanan laut non-laut rata-rata 38,2 g, energi rata-rata 2977,8 kkal, lemak rata-rata 82,3 g, karbohidrat rata-rata 418,9 g. Status gizi indeks BB/U kategori normal 67,9 %, indeks BB/TB kategori gizi baik 58,%, indeks TB/U kategori normal 72,6%, dan indeks IMT/U kategori beresiko gizi lebih 54,8 %. Terdapat hubungan antara konsumsi protein makanan laut, protein nabati dan protein hewani non-laut (*p-value* <0,05) dengan protein total. Konsumsi protein hewani non-laut, energi, dan karbohidrat (*p-value* <0,05) dengan status gizi (BB/U, BB/TB dan IMT/U). Tidak terdapat hubungan antara konsumsi protein makanan laut, protein total, protein nabati, protein hewani makanan non-laut, energi, lemak, dan karbohidrat (*p-value* >0,05) dengan status gizi (BB/U, BB/TB, TB/U dan IMT). Kesimpulan dari penelitian ini tidak terdapat hubungan antara konsumsi protein makanan laut dengan status gizi (BB/U, BB/TB, TB/U dan IMT/U) pada balita usia 36-59 bulan di Desa Batukaras. disarankan untuk peneliti selanjutnya lebih fokus kepada keluarga nelayan dan menggunakan metode FFQ serta melihat faktor pola asuh, frekuensi makan dan sosial ekonomi keluarga.

kata kunci : balita, energi, karbihidrat, lemak, protein, status gizi.

ABSTRACT

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**THE RELATIONSHIP BETWEEN SEAFOOD PROTEIN CONSUMPTION AND
NUTRITIONAL STATUS OF TODDLERS AGED 36-59 MONTHS IN
BATUKARAS VILLAGE**

Seafood protein consumption is a good source of nutrition for nutritional status, brain development, and toddler growth. The purpose of this study was to analyze the relationship between seafood protein consumption and nutritional status in toddlers aged 36-59 months in Batukaras Village. The method used was an observational cross-sectional approach. The sample of this study was 84 toddlers selected by proportional random sampling. The instruments used were a food recall form, a stadiometer, and a digital scale. Statistical tests used the Pearson Correlation and Spearman Rank tests. The results of the statistical test showed an average total protein consumption of 134 g, an average animal protein of 84.9 g, an average vegetable protein of 45.9 g, an average seafood protein of 49.8 g, an average non-seafood protein of 38.2 g, an average energy of 2977.8 kcal, an average fat of 82.3 g, an average carbohydrate of 418.9 g. Nutritional status of W/A index in normal category was 67.9%, W/H index in good nutrition category was 58%, H/Age index in normal category was 72.6%, and BMI for Age index in at risk of overnutrition category was 54.8%. There was a relationship between consumption of seafood protein, vegetable protein and non-sea animal protein (p-value <0.05) with total protein. Consumption of non-sea animal protein, energy, and carbohydrates (p-value <0.05) with nutritional status (W/A, W/H and BMI for Age). There was no relationship between consumption of seafood protein, total protein, vegetable protein, non-sea animal protein, energy, fat, and carbohydrates (p-value >0.05) with nutritional status (W/A, W/H, H/A and BMI for Age). The conclusion of this study was that there was no relationship between seafood protein consumption and nutritional status (W/A, W/H, H/A and BMI for Age) in toddlers aged 36-59 months in Batukaras Village. It is recommended that future researchers focus more on fishing families and use the FFQ method and look at parenting patterns, meal frequency and family socio-economic factors.

Keywords: carbohydrates, energy, fat, nutritional status, protein, toddlers.