

**HUBUNGAN ASUPAN GIZI MIKRONUTRIEN DAN POLA ASUH
ORANG TUA DENGAN STUNTING PADA SISWA SMP N 15 KOTA
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ABSTRAK

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Stunting ialah keadaan yang menggambarkan tinggi badan berdasarkan umur rendah yang dapat disebabkan oleh kekurangan gizi kronis. Pada hasil survei awal ditemukan 10 anak mengalami stunting, diantaranya 80% mengalami stunting ringan dan 20% stunting berat. Penelitian ini bertujuan untuk mengetahui hubungan asupan gizi mikronutrien dan pola asuh orang tua dengan stunting pada remaja.

Penelitian ini menggunakan metode kuantitatif dengan pendekatan cross sectional. Sampel remaja stunting yang digunakan sebanyak 52 anak dengan teknik simpel random sampling. Variabel bebas yaitu asupan vitamin A, asupan Fe, asupan Zn serta pola asuh orang tua. Dan variabel terikat yaitu stunting pada remaja. Analisis data menggunakan korelasi Chi Square (CI 95%).

Hasil uji chi square menunjukkan bahwa tidak ada hubungan antara asupan vitamin A dengan stunting (p.0,279), asupan Fe (p.0,659), asupan Zn (p.0,606) dan pola asuh (p.0,695) tidak memiliki hubungan yang bermakna dengan terjadinya stunting pada remaja. Asupan vitamin A, Fe dan Zn pada remaja tergolong kategori defisit. Artinya asupan vitamin A, asupan Fe asupan Zn dan pola asuh orang tua tidak mempunyai hubungan dengan stunting tetapi mempunyai pengaruh terhadap kategori stunting.

Saran yang dapat diberikan yaitu mengonsumsi makanan bergizi dan seimbang seperti mengonsumsi nasi tidak berlebihan, lauk hewani bervariasi, cukup serat buah dan sayur, biasakan minum susu, kurangi konsumsi gorengan, fast food dan soft drink.

Kata kunci : Stunting, mikronutrien, vitamin A, Fe, Zn, pola asuh orang tua

kepuustakaan : 41, 2001-2016

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**CORRELATION OF MICRONUTRIEN INTAKE AND PARENTING
AMONG STUNTING CHILDRENâ€™S PARENTS IN STUDENTS OF
SMP N 15 SEMARANG CITY, YEAR 2017**

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ABSTRACT

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Stunting is a condition that describes height based on low lifespan that can be caused by chronic malnutrition. In the results of the initial survey found 10 children had stunting, among them 80% had light stunting and 20% heavy stunting. This study aim to determine the relationship between micronutrient intake and parenting patterns of parents with stunting in adolescents.

This study used quantitative method with cross sectional approach. Sample of adolescent stunting used 52 children with simple random sampling technique. The independent variables were vitamin A intake, intake of Fe, Zn intake and parental care pattern. And the dependent variable was stunting in adolescents. Data analysis using Chi Square correlation (95% CI).

The result of chi square test showed that there was no correlation between vitamin A intake with stunting (p.0,279), intake of Fe (p.0,659), intake of Zn (p.0,606) and parenting (p.0,695) had no significant relationship with occurrence of stunting in adolescents. Intake of vitamin A, Fe and Zn in adolescents classified deficit category. This means that intake of vitamin A, intake of Fe Zn intake and parenting parents have no relationship with stunting but have an influence on the level of stunting.

Suggestions that can be given are consuming nutritious and balanced foods such as consuming rice is not excessive, animal side dishes varied, enough fiber and vegetables, make it a habit to drink milk, reduce consumption of fried foods, fast food and soft drinks.

Keywords: Stunting, micronuterien, vitamin A, Fe, Zn, parenting pattern

References: 41, 2001-2016

Keyword : Stunting, micronuterien, vitamin A, Fe, Zn, parenting pattern