

ABSTRAK

Vani Puspitasari. Gambaran Pola Konsumsi Protein Balita *Stunting* Usia 24-59 Bulan di Puskesmas Lima Puluh Kota Pekanbaru. Dibimbing oleh Yessi Marlina, S.Gz, MPH Dietisien dan Alkausyari Aziz, SKM, M.Kes.

Stunting adalah kondisi gagal tumbuh pada balita yang diakibatkan kekurangan gizi kronis. Terjadinya *stunting* dapat dipengaruhi oleh pola makan salah satunya adalah protein. Pada masa balita protein memiliki peran penting dalam pertumbuhan dan perkembangan balita. Tujuan penelitian ini adalah untuk mengetahui gambaran pola konsumsi protein balita *stunting* usia 24-59 bulan di Puskesmas Lima Puluh Kota Pekanbaru. Jenis penelitian ini deskriptif dan desain *cross sectional*. Sampel dalam penelitian ini adalah balita *stunting* usia 24-59 bulan sejumlah 42 orang dengan teknik pengambilan sampel adalah *teknik total sampling*. Pola konsumsi protein diukur dengan *form recall* 1x24 jam untuk asupan balita dan form FFQ selama sebulan terakhir untuk jenis dan frekuensi konsumsi protein balita. Analisa data menggunakan analisa univariat. Hasil penelitian menunjukkan bahwa balita dengan asupan protein kurang sebesar 54,8%, baik 42,9% dan lebih 2,4%. Jenis protein yang banyak dikonsumsi telur ayam sebanyak 100%, daging ayam sebanyak 95,2%, tempe sebanyak 92,9%, dan ikan sarden sebanyak 85,7%. Frekuensi konsumsi protein terbanyak pada kategori jarang 1-3x/bulan. Frekuensi konsumsi kategori sering sekali >1x/hari yaitu telur ayam 9,5%, sosis dan ayam 2,4%. Frekuensi sering 1x/hari (4-6x/hari) yaitu tempe 14,3%, tahu 11,9%, telur puyuh 9,5%. Jarang 1-3x/hari yaitu ikan tongkol 52,6% dan kategori tidak pernah yaitu ikan kakap, ikan tenggiri, telur itik 100%.

Kata Kunci : *stunting*, pola konsumsi protein

ABSTRACT

Vani Puspitasari. Description of Protein Consumption Patterns for Stunted Toddlers Age 24-59 Months at Puskesmas Lima Puluh Health, Pekanbaru. Guided by Yessi Marlina, S.Gz, MPH Dietisien dan Alkausyari Aziz, SKM, M.Kes.

Stunting is a disorder in which toddlers fail to thrive due to persistent malnutrition. Protein, for instance, can influence the prevalence of stunting. Protein plays a crucial part in the growth and development of toddlers. The goal of this study was to describe the protein consumption pattern of stunted children aged 24-59 months at Pekanbaru City's Lima Puluh Health Centre. This research is descriptive and cross-sectional in nature. The sample who participated in this study were 42 stunted children aged 24-59 months. The sample approach used was complete sampling. Protein consumption patterns for toddlers were measured using the 1x24 hour recall form and the FFQ form for the previous month for the type and frequency of protein consumption. Univariate analysis is used to analyse data. The findings revealed that children who had less protein consumed 54.8%, 42.9%, and 2.4% more. Chicken eggs provide up to 100% protein, chicken flesh contains up to 95.2% protein, tempeh contains up to 92.9% protein, and sardines contain up to 85.7% protein. In the unusual category, the highest frequency of protein ingestion is 1-3 times per month. Chicken eggs 9.5%, sausages and chicken 2.4% are frequently consumed more than once every day. The frequency is frequently 1x/day (4-6x/day), with tempeh accounting for 14.3%, tofu accounting for 11.9%, and quail eggs accounting for 9.5%. Rarely 1-3 times each day, tuna 52.6% and never categories, snapper, mackerel, duck eggs 100%.

Keywords: *stunting*, protein consumption pattern