

## ABSTRAK

KHALIDA VANESSA ST, Gambaran Karakteristik dan Asupan Pada Balita Stunting Usia 12-59 Bulan Di Kota Pekanbaru (Data Survei Gizi dan Kesehatan Pada Balita di Kota Pekanbaru 2023) , Dibimbing oleh Yessi Marlina, S.Gz, MPH, Dietisien dan Alkausyari Aziz, SKM, M.Kes

Prevalensi stunting di Indonesia tahun 2023 berdasarkan laporan SKI sebesar 21,5 %, di provinsi Riau sebesar 13,6% dan di kota Pekanbaru sebesar 8,7% . Terdapat beberapa faktor yang mempengaruhi kejadian stunting pada balita yaitu BBLR, riwayat ASI eksklusif, asupan makan, pendidikan orang tua, pekerjaan orang tua dan riwayat genetik. Tujuan penelitian ini adalah untuk mengetahui karakteristik dan asupan pada balita stunting usia 12 – 59 bulan di Kota Pekanbaru. Jenis penelitian ini adalah penelitian deskriptif dengan analisa data sekunder Survei Gizi dan Kesehatan pada Balita di Kota Pekanbaru tahun 2023 dengan sampel berjumlah 40 balita stunting. Hasil penelitian ini menunjukkan 42,5% balita memiliki riwayat BBLR dan 57,5% balita tidak memiliki BBLR, 67,5% balita memiliki PBLR < 48 dan 32,5% balita memiliki PBLR > 48, 82,5% ibu tidak bekerja dan 17,5% ibu bekerja, 65% ayah adalah wiraswasta dan pegawai swasta, 20% buruh, 10% pedagang, 5% petani dan supir, 57,5% ayah berpendidikan SMA dan 52,5% ibu berpendidikan SMA, berdasarkan usia ibu 52,5% berusia 20 sampai 30 tahun dan 47,5% berusia 31 sampai 40 tahun, 70% jumlah anggota keluarga >4, dan 60% status sosial ekonomi kategori mampu. Asupan energi pada balita *stunting* di Kota Pekanbaru usia 12 - 59 bulan kategori inadekuat dengan persentase sebesar 57,5 % sedangkan kategori adekuat sebesar 42,5%, dan asupan protein pada balita *stunting* di Kota Pekanbaru usia 12 –59 bulan kategori inadekuat dengan persentase sebesar 62,5% sedangkan kategori adekuat sebesar 37,5%. Disarankan kepada orang tua balita untuk lebih memperhatikan asupan makan balita terutama pada jenis pangan sumber energi dan protein agar pertumbuhan dan perkembangan balita dapat lebih baik.

Kata Kunci : Karakteristik dan Asupan Gizi Balita Stunting

## ABSTRACT

KHALIDA VANESSA ST, Description of Characteristics and food of Stunted Toddlers Aged 12-59 Months in Pekanbaru City (Nutrition and Health Survey Data on Toddlers in Pekanbaru City 2023), Supervised by Yessi Marlina, S.Gz, MPH, Dietitian and Alkausyari Aziz, SKM, M. Kes

The prevalence of stunting in Indonesia in 2023 based on the SKI report is 21.5%, in Riau province it is 13.6% and in Pekanbaru city it is 8.7%. There are several factors that influence the incidence of stunting in toddlers, namely LBW, history of exclusive breastfeeding, food intake, parental education, parental occupation and genetic history. The aim of this research is to determine the characteristics and intake of stunted toddlers aged 12 - 59 months in Pekanbaru City. This type of research is descriptive research with secondary data analysis of the Nutrition and Health Survey for Toddlers in Pekanbaru City in 2023 with a sample of 40 stunted toddlers. The results of this study show that 42.5% of toddlers have a history of LBW and 57.5% of toddlers do not have LBW, 67.5% of toddlers have a PBLR < 48 and 32.5% of toddlers have a PBLR > 48, 82.5% of mothers do not work and 17.5% of mothers work, 65% of fathers are self-employed and private employees, 20% are workers, 10% are traders, 5% are farmers and drivers, 57.5% of fathers have a high school education and 52.5% of mothers have a high school education, based on the mother's age 52.5% are 20 to 30 years old and 47.5% are 31 to 40 years old, 70% have >4 family members, and 60% have a socioeconomic status in the well-off category. Energy intake in stunted toddlers in Pekanbaru City aged 12 - 59 months is in the inadequate category with a percentage of 57.5% while the adequate category is 42.5%, and protein intake in stunted toddlers in Pekanbaru City aged 12 - 59 months is in the inadequate category with a percentage of 62.5% while the adequate category is 37.5%. It is recommended that parents of toddlers pay more attention to their toddler's food intake, especially on types of food sources of energy and protein so that the growth and development of toddlers can be better.

Keywords: Characteristics and Food of Stunted Toddlers