

ABSTRAK

MUHAMMAD ZIDANE ALGHIFARI. Pola Konsumsi Pangan Hewani Tinggi Kandungan Kalsium pada Balita Stunting dan Normal di Wilayah Kerja Posyandu Melur Kelurahan Rejosari. dibimbing oleh ASLIS WIRDA HAYATI dan YOLAHUMAROH.

Stunting merupakan masalah gizi yang dapat menghambat pertumbuhan dan perkembangan anak. Salah satu zat gizi yang berperan penting dalam pertumbuhan tulang adalah kalsium. Penelitian ini bertujuan untuk mengetahui gambaran pola konsumsi pangan hewani tinggi kandungan kalsium yang meliputi jenis pangan hewani, frekuensi konsumsi, jumlah konsumsi, serta asupan kalsium pada balita stunting dan balita normal usia 24–59 bulan di wilayah kerja Posyandu Melur Kelurahan Rejosari Kota Pekanbaru. Penelitian ini menggunakan desain cross sectional dengan pendekatan deskriptif observasional. Sampel penelitian berjumlah 48 balita yang terdiri dari 3 balita stunting dan 45 balita normal, yang dipilih menggunakan teknik purposive sampling. Data mengenai jenis, frekuensi, dan jumlah konsumsi pangan tinggi kandungan kalsium diperoleh menggunakan Semi Quantitative Food Frequency Questionnaire (SQ-FFQ), sedangkan data asupan kalsium diperoleh melalui food recall 1×24 jam. Analisis data dilakukan secara univariat. Hasil penelitian menunjukkan bahwa telur ayam ras merupakan pangan tinggi kandungan kalsium yang paling banyak dikonsumsi oleh balita stunting (66,7%) dan balita normal (88,9%). Berdasarkan frekuensi konsumsi, sebagian besar balita stunting berada dalam kategori jarang, sedangkan balita normal berada dalam kategori cukup. Rata-rata asupan kalsium pada balita stunting sebesar 325,33 mg/hari, sedangkan pada balita normal sebesar 456,93 mg/hari.

Kata kunci: Balita, kalsium, pola konsumsi pangan hewani, stunting.

ABSTRACT

MUHAMMAD ZIDANE ALGHIFARI. Patterns of Calcium-Rich Food Consumption Among Stunted and Normal Toddlers in the Service Area of Melur Posyandu, Rejosari Sub-district. Supervised by ASLIS WIRDA HAYATI and YOLAHUMAROH.

Stunting is a nutritional problem that can affect children's growth and development. Calcium is one of the essential nutrients that plays an important role in bone growth. This study aimed to describe the patterns of calcium-rich food consumption, including food types, frequency, amount of consumption, and calcium intake among stunted and normal toddlers aged 24–59 months in the service area of Melur Posyandu, Rejosari Sub-district, Pekanbaru City. This study used a cross-sectional design with a descriptive observational approach. The sample consisted of 48 toddlers, including 3 stunted toddlers and 45 normal toddlers, selected using purposive sampling. Data on the types, frequency, and amount of calcium-rich food consumption were collected using the Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ), while calcium intake was assessed using a 24-hour food recall. Data were analyzed using univariate analysis. The results showed that chicken eggs were the most commonly consumed calcium-rich food among stunted toddlers (66.7%) and normal toddlers (88.9%). Most stunted toddlers had a low frequency of consumption, while normal toddlers had a moderate frequency of consumption. The average calcium intake was 325.33 mg/day among stunted toddlers and 456.93 mg/day among normal toddlers.

Keywords: toddlers, calcium, food consumption patterns, stunting.