Perbedaan Konsumsi Ikan antara Baduta Stunting dan Tidak Stunting Usia 6-24 Bulan di Kampung Nelayan Juwana Kabupaten Pati

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ABSTRAK

Latar Belakang: Asupan protein berpengaruh terhadap pertumbuhan panjang badan pada baduta. Ikan merupakan bahan makanan tinggi protein yang paling mudah diakses oleh masyarakat pesisir.

Metode: Penelitian *cross-sectional* dilaksanakan di Kecamatan Juwana dengan 38 subjek *stunting* dan 38 subjek tidak *stunting*. Konsumsi ikan dan asupan zat gizi didapatkan dari formulir SQ-FFQ. Riwayat ASI eksklusif dan diare didapatkan dari kuisioner terstuktur. Kelompok stunting ditentukan dengan perhitungan *z-score* PB/U <-2 SD dan -2 s/d +2 SD untuk kelompok tidak *stunting*. Analisis bivariat menggunakan uji *chi-square*, *Independent T-Test*, dan *Mann Whitney*.

Hasil: Rerata *z-score* PB/U pada baduta kelompok *stunting* sebesar -2,50±0,51 sedangkan pada kelompok tidak *stunting* sebesar -0,52±0,92. Terdapat perbedaan bermakna frekuensi konsumsi ikan (p=0,013), asupan protein dari ikan per hari (p=0,008), kecupan protein dari ikan per hari (p=0,001), kecukupan energi (p=0,000), protein (p=0,004), lemak (p=0,000), dan karbohidrat (p=0,000) antara baduta stunting dengan baduta tidak stunting. Tidak terdapat perbedaan bermakna riwayat diare (p=0,135) dan riwayat ASI eksklusif antara baduta stunting dengan baduta tidak stunting (p=0,324).

Simpulan: Terdapat perbedaan yang bermakna frekuensi konsumsi ikan, asupan protein dari ikan per hari, kecukupan asupan protein dari ikan per hari, kecukupan asupan energi, protein, lemak, dan karbohidrat antara baduta *stunting* dengan baduta tidak *stunting*.

Kata kunci: Stunting, Konsumsi ikan, Pesisir

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Differences in Fish Consumption between Stunted and Non-Stunted Infants Aged 6-24 Months in Kampung Nelayan Juwana Kabupaten Pati

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ABSTRACT

Background: Protein intake affects body length growth in infants under two. One of the foodstuffs with high protein sources is fish. Fish is a high-protein food that is most easily accessible to coastal communities.

Methods: A cross-sectional study was conducted in Juwana District with 38 stunted subjects and 38 non-stunted subjects. Fish consumption and nutrient intake obtained from the SQ-FFQ form. History of exclusive breastfeeding and diarrhea obtained from a structured questionnaire. The stunted group was determined by calculating the z-score PB/U <-2 SD and -2 to +2 SD for the non-stunted group. Bivariate analysis used chi-square, Independent T-Test, and Mann Whitney tests.

Results: The average HAZ in the stunting group was -2.50 ± 0.51 while in the non-stunting group was -0.52 ± 0.92. There were significant differences in the frequency of fish consumption (p=0.013), protein intake from fish per day (p=0.008), protein intake from fish per day (p=0.001), energy adequacy (p=0.000), protein (p=0.004), fat (p=0.000), and carbohydrate (p=0.000) between stunted and non-stunted infants. There was no significant difference in diarrhea history (p=0.135) and exclusive breastfeeding history between stunted and non-stunted infants (p=0.324).

Conclusion: There were significant differences in the frequency of fish consumption, protein intake from fish per day, adequate protein intake from fish per day, adequate intake of energy, protein, fat, and carbohydrates between stunted and non-stunted infants.

Keywords: Stunting, Fish consumption, Coastal

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