Hubungan Skor Perilaku Makan Penghindar dan Kecukupan Energi dengan Perubahan *Z-Score* Balita *Stunting* di Rumah PELITA Kota Semarang

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Abstrak

Latar Belakang: *Stunting* merupakan salah satu bentuk malnutrisi kronis yang menjadi masalah kesehatan masyarakat di Indonesia. Perilaku makan penghindar dan kecukupan energi merupakan faktor penting yang memengaruhi perubahan *z-score* balita, khususnya pada anak *stunting*.

Tujuan: Penelitian ini bertujuan untuk menganalisis hubungan antara perilaku makan penghindar dan kecukupan energi dengan perubahan *z-score* balita stunting di Rumah PELITA Kota Semarang.

Metode: Penelitian ini menggunakan pendekatan kuantitatif dengan desain cross-sectional. Sampel sebanyak 56 balita stunting yang terdaftar di Rumah PELITA Kota Semarang diambil menggunakan teknik *purposive sampling*. Data perilaku makan dikumpulkan menggunakan kuesioner CEBQ versi Bahasa Indonesia, sementara data kecukupan energi diperoleh melalui metode *recall* 3x24 jam dan dianalisis menggunakan *NutriSurvey*. Analisis bivariat menggunakan uji Pearson dan Rank Spearman, serta analisis multivariat menggunakan regresi linear berganda.

Hasil: Hasil menunjukkan bahwa perilaku makan penghindar berhubungan signifikan negatif dengan perubahan *z-score* berdasarkan tinggi badan menurut usia (TB/U) ($p = 0,022$; $r = -0,306$), namun tidak signifikan terhadap berat badan menurut usia (BB/U) ($p = 0,221$). Sementara itu, kecukupan energi berhubungan signifikan positif terhadap perubahan *z-score* baik pada TB/U ($p = 0,007$; $r = 0,358$) maupun BB/U ($p = 0,023$; $r = 0,303$). Hubungan ini tetap signifikan setelah dikontrol oleh variabel perancu, yaitu riwayat penyakit infeksi.

Kesimpulan: Perilaku makan penghindar memengaruhi perubahan *z-score* balita *stunting* terutama pada aspek tinggi badan, sedangkan kecukupan energi berperan signifikan dalam memperbaiki status gizi baik berdasarkan tinggi badan maupun berat badan. Upaya peningkatan asupan energi dan modifikasi perilaku makan balita penting dilakukan dalam intervensi *stunting*.

Kata Kunci: *stunting*, balita, perilaku makan penghindar, kecukupan energi, status gizi

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The Relationship between Avoidant Eating Behavior Score and Energy Adequancy with Changes in the Z-Score of Stunting Toodler at Rumah PELITA, Semarang City

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Abstract
Background: Stunting is a form of chronic malnutrition that remains a major public health issue in Indonesia. Avoidance eating behavior and energy adequacy are key factors influencing the changes in nutritional status of toddlers, particularly those experiencing stunting.

Objective: This study aims to analyze the relationship between avoidant eating behavior and energy adequacy with changes in the z-score of stunted toddlers at Rumah PELITA in Semarang City.

Methods: This research employed a quantitative approach with a cross-sectional design. A total of 56 stunted toddlers enrolled in Rumah PELITA were selected using purposive sampling. Eating behavior was assessed using the Indonesian version of the Children's Eating Behavior Questionnaire (CEBQ), while energy adequacy was measured through 3x24-hour dietary recalls and analyzed using NutriSurvey. Bivariate analysis was conducted using Pearson and Rank Spearman correlation tests, while multivariate analysis was performed using multiple linear regression.

Results: The study found a significant negatif relationship between avoidant eating behavior and changes in height-for-age z-scores (HAZ) ($p = 0.022$; $r = -0.306$), but no significant relationship with weight-for-age z-scores (WAZ) ($p = 0.221$). In contrast, energy adequacy showed a significant positive correlation with both HAZ ($p = 0.007$; $r = 0.358$) and WAZ ($p = 0.023$; $r = 0.303$). These relationships remained significant even after controlling for the confounding variable of recent infectious disease history.

Conclusion: Avoidant eating behavior is significantly associated with slower improvement in stunted toddlers' nutritional status based on height-for-age, while energy adequacy positively influences improvements in both height-for-age and weight-for-age. Enhancing dietary intake and addressing eating behavior are crucial in stunting intervention programs.

Keywords: stunting, toddlers, avoidant eating behavior, energy adequacy, nutritional status

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