

The Relationship Between Nutrient Intake, Food Security, and Family Characteristics with Stunting Among Children Under Two Years in Tangerang Regency

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ABSTRACT

Background: *Stunting is a chronic malnutrition status that is prone to occur in the first two years of life and is caused by multifactorial causes. Factors that cause stunting can be influenced by nutritional intake and family socio-economic.*

Objective: *This study aims to analyze the relationship between nutrient intake, exclusive breastfeeding, low birth weight, food security, and family characteristics with stunting in children under two years (aged 6-24 months).*

Methods: *This case-control study involved children aged 6-24 months and consisted of 33 children for each case and control group. The samples were taken using consecutive sampling. Stunting was measured based on the z-score of height-for-age. The data taken were birth weight, length/height, exclusive breastfeeding, nutrient intake, food security, mother's occupation, number of family members, and family income. Intake data collected included energy, protein, and zinc intake which were obtained using the Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ). Food security was obtained through the Household Food Security Survey Module (HFSSM). The data were analyzed by the Chi-Square statistical test.*

Results: *Exclusive breastfeeding (OR= 6,042), lack of energy (OR= 7,188), lack of protein (OR= 6,739), lack of zinc (OR= 4,457), food insecurity (OR= 4,667), and the number of family members (OR= 4,6) are factors related with stunting among children under two years old.*

Conclusion: *Exclusive breastfeeding, lack of energy, protein and zinc intake, food insecurity, and the number of family members are factors related with stunting among children under two years old (aged 6-24 months).*

Keywords: *Stunting, Children Under Two Years Old, Risk Factors, Tangerang Regency.*

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Hubungan Asupan Zat Gizi, Ketahanan Pangan, dan Karakteristik Keluarga dengan Kejadian *Stunting* pada Baduta di Kabupaten Tangerang

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ABSTRAK

Latar Belakang: *Stunting* merupakan status gizi kurang bersifat kronik yang rentan terjadi pada dua tahun pertama kehidupan dan disebabkan oleh multifaktorial. Faktor penyebab *stunting* dapat dipengaruhi oleh asupan gizi dan sosial ekonomi keluarga.

Tujuan: Menganalisis hubungan asupan zat gizi, ASI Eksklusif, BBLR ketahanan pangan, dan karakteristik keluarga dengan kejadian *stunting* pada baduta (usia 6-24 bulan).

Metode: Penelitian kasus kontrol ini melibatkan baduta berusia 6-24 bulan terdiri dari 33 baduta untuk setiap kelompok kasus dan kontrol. Teknik pengambilan sampel menggunakan *consecutive sampling*, *Stunting* diukur berdasarkan *z-score* panjang badan menurut umur (PB/U). Data yang diambil yaitu berat badan lahir, panjang badan, ASI Eksklusif, asupan zat gizi, ketahanan pangan, pekerjaan ibu, jumlah anggota keluarga, pendapatan. Data asupan energi, protein, dan seng yang diperoleh menggunakan *Semi-Quantitative Food Frequency Questionnaire* (SQ-FFQ). Ketahanan pangan diperoleh menggunakan *Household Food Security Survey Module* (HFSSM). Data dianalisis dengan uji statistik *Chi-Square*.

Hasil: ASI Eksklusif (OR= 6,042), riwayat kekurangan asupan energi (OR= 7,188), protein (OR= 6,739), seng (OR= 4,457), kerawanan pangan (OR= 4,667), serta jumlah anggota keluarga besar (OR= 4,6) merupakan faktor yang berhubungan dengan *stunting* pada baduta.

Kesimpulan: ASI tidak eksklusif, kurangnya asupan energi, protein, dan seng, ketahanan pangan, serta jumlah anggota keluarga merupakan faktor yang berhubungan dengan kejadian *stunting* pada baduta (usia 6-24 bulan).

Kata Kunci: *Stunting*, Baduta, Faktor Risiko, Kabupaten Tangerang

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