

# **THE DIFFERENCE OF COMPLEMENTARY FEEDING QUALITY BETWEEN STUNTED AND NON-STUNTED CHILDREN AGED 6-24 MONTHS OLD IN FISHERMAN FAMILIES IN WONOKERTO PEKALONGAN**

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## **Abstract :**

**Introduction:** Stunted has short and long term effects for the children. The potential source of food from coastal area make parents provide good complementary feeding easier than the others area in quality of portion, frequency, texture, and food variety because inappropriate complementary feeding practices has been identified as a risk factor directly of stunted.

**Objective:** Analyzing disparities the quality of complementary feeding among children with stunted and non-stunted aged 6-24 months old in fisherman families in Wonokerto, Pekalongan.

**Methods:** An observational study with cross-sectional design in Wonokerto, Pekalongan. There were 52 subject consisted of two groups, those who were stunted and non-stunted. They were selected used the snowball sampling. Criteria of stunted has z-score ( $<-2SD$ ) and non-stunted has z-score ( $<-2s/d+2SD$ ). The independent variables included the initial age of complementary feeding; texture; portion; food variety; frequency; and adequacy of intake (energy, fat, protein, calcium, zinc, and iron). Confounding variables included infant birth weight and height, parent's height, food security. Data analysis used by chi-square and logistic regression.

**Results:** There was a significant difference of portion, texture and food variety complementary feeding, adequacy intake of fat and protein between stunted and non-stunted ( $p<0.05$ ). There was significant difference in mother's education and job ( $p<0,001;0.010$ ). Logistic regression results inappropriate portion, limited variation of ingredients in complementary feeding and inadequate fat as risk factors of stunted ( $OR=2;11.5;6.5;CI95\%=0.323-9.431;2.027-66.009;0.945-45.845$ ).

**Conclusion:** Portion, food variety of complementary feeding and adequate intake of fat were significantly effected of stunted whereas the inappropriate texture had a 2 times greater risk of stunted and the limited variation of foods had a risk 11.5 times the occurrence of stunted, while the inadequate of fat had risk 6.5 times the occurrence of stunted.

**Keywords :** *Complementary Feeding, Stunted, Fisherman, Coast.*

# PERBEDAAN KUALITAS MP-ASI BADUTA STUNTING DAN TIDAK STUNTING USIA 6-24 BULAN PADA KELUARGA NELAYAN DI WILAYAH PESISIR WONOKERTO KABUPATEN PEKALONGAN

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## Abstrak :

**Pendahuluan :** Anak stunting mempunyai risiko terjadi masalah kesehatan baik jangka pendek maupun panjang. Potensi wilayah pesisir lebih memudahkan orang tua menyediakan asupan makanan bergizi melalui pemberian MP-ASI. Namun, jika kualitas MP-ASI yang diberikan kurang baik dari segi porsi, frekuensi, tekstur, dan jenis bahannya maka akan berpengaruh terhadap kejadian stunting.

**Tujuan :** Menganalisis perbedaan kualitas makanan pendamping ASI (MP-ASI) pada baduta stunting dan tidak stunting berusia 6-24 bulan pada keluarga nelayan di Kecamatan Wonokerto, Kabupaten Pekalongan.

**Metode :** Penelitian *observational* dengan pendekatan *crosssectional* di pesisir Wonokerto Kabupaten Pekalongan. Terdapat 52 subjek yang terdiri dari dua kelompok, yaitu kelompok stunting dan kelompok tidak stunting melalui metode *snowball sampling*. Kriteria stunting jika memiliki *z-score* ( $<-2SD$ ) dan tidak stunting jika memiliki *z-score* ( $>-2s/d+2SD$ ). Variabel bebas yaitu usia pertama pemberian MP-ASI; tekstur; jumlah; jenis bahan; frekuensi; dan kecukupan asupan (energi, lemak, protein, kalsium, seng, dan besi). Variabel perancu meliputi BBLR dan TB lahir bayi, usia menikah ibu, TB orang tua, dan ketahanan pangan. Analisis data dilakukan dengan uji *chi-square* dan regresi logistik.

**Hasil :** Terdapat perbedaan porsi, tekstur dan variasi bahan makanan MP-ASI, kecukupan lemak dan protein antara kelompok stunting dan tidak stunting ( $p<0.05$ ). Pendidikan dan pekerjaan ibu menunjukkan beda ( $p<0,001;0.010$ ). Hasil regresi logistik menunjukkan porsi MPASI yang tidak sesuai, jenis bahan MPASI yang kurang beragam, asupan lemak kurang menjadi faktor risiko stunting ( $OR=2;11.5;6.5;CI95\%=0,323-9,431;2,027-66,009;0,945-45,845$ ).

**Simpulan :** Porsi, variasi bahan makanan MP-ASI dan kecukupan asupan lemak berpengaruh signifikan terhadap kejadian stunting baduta dimana porsi MPASI yang tidak sesuai dapat berisiko 2 kali terjadi stunting, pemberian jenis bahan MPASI yang kurang beragam dapat berisiko 11,5 kali terhadap stunting, dan asupan lemak kurang berisiko 6,5 kali stunting.

**Kata Kunci :** Makanan Pendamping ASI, Stunting, Nelayan, Pesisir.