

## ABSTRAK

### Eka Cahyaningsih Wulandari

Latar Belakang: Nabire merupakan daerah yang memiliki lebih banyak masalah gizi *stunting* dengan persentase 17,1%. Gaya pemberian makan, pola asuh, kecukupan asupan, dan budaya merupakan faktor yang mempengaruhi tumbuh kembang balita, jika tidak tepat akan berisiko balita mengalami *stunting*.

Tujuan: mengetahui hubungan perilaku makan, pola pemberian makan, dan perilaku berpantang makanan dengan *stunting* pada balita usia 12-59 bulan di Nabire Papua.

Metode: penelitian ini menggunakan desain *cross-sectional*. 106 balita berusia 12-59 bulan sebagai subjek penelitian. Data perilaku makan menggunakan *Parental Feeding Style Questionnaire*, pola pemberian makan menggunakan *Child Feeding Questionnaire* dan *Semi Qualitatif Food Frequency Questionnaire*, serta perilaku berpantang makanan menggunakan kuesioner penelitian. Analisis statistik menggunakan *Chi-square* dan uji regresi logistic.

Hasil: dari 106 balita ditemukan 46,2% mengalami *stunting*. Hasil uji hubungan perilaku makan balita dengan *stunting* ( $p=0,021$ ), pola pemberian makan dengan *stunting* ( $p=0,016$ ), asupan energi dengan *stunting* ( $p=0,003$ ), asupan protein dengan *stunting* ( $p=0,000$ ), dan perilaku berpantang makanan dengan *stunting* ( $p=0,502$ ).

Simpulan: terdapat hubungan antara perilaku makan, pola pemberian makan, asupan energi protein dengan *stunting*. Tidak terdapat hubungan perilaku berpantang makanan dengan *stunting*.

Kata kunci: *Stunting*, perilaku makan, pola pemberian makan, pantang makanan.

## ABSTRACT

## **Eka Cahyaningsih Wulandari**

**Background:** Nabire is an area that has more stunting nutritional problems with a percentage of 17.1%. Feeding style, parenting patterns, adequate intake and culture are factors that influence the growth and development of toddlers, if they are not appropriate there will be a risk of toddlers stunting.

**Objective:** To determine the relationship between eating behavior, feeding patterns, and food abstinence behavior with stunting in toddlers aged 12-59 months in Nabire Papua

**Method:** This study used a cross-sectional design. 106 toddlers aged 12-59 months were research subjects. Data on eating behavior using the Parental Feeding Style Questionnaire, feeding patterns using the Child Feeding Questionnaire and Semi Qualitative Food Frequency Questionnaire, as well as food abstinence behavior using a research questionnaire. Statistical analysis uses Chi-square and logistic regression tests.

**Results:** Of the 106 toddlers, 46.2% were found to be stunted. Test results of the relationship between toddler eating behavior and stunting ( $p=0.016$ ), feeding patterns with stunting ( $p=0.021$ ), energy intake with stunting ( $p=0.003$ ), protein intake with stunting ( $p=0.000$ ), and food abstinence behavior with stunting ( $p=0.502$ ).

**Conclusion:** there is a relationship between eating behavior, feeding patterns, energy intake and protein intake with stunting. There is no relationship between food abstinence behavior and stunting.

**Keywords:** Stunting, eating behavior, feeding patterns, food taboo.