

ABSTRAK

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Program Studi : Kedokteran Umum

Judul : Hubungan Asupan Protein dan Kadar Hemoglobin dengan Kejadian Stunting pada Balita di Pandeglang dan Tinjauannya Menurut Pandangan Islam

Latar Belakang: *Stunting* adalah masalah gizi kronis pada balita yang ditandai dengan tinggi badan yang lebih pendek dibandingkan dengan anak seusianya. Prevalensi *stunting* di Indonesia menurut RISKESDAS 2018 adalah 30,8%. Hal ini menunjukkan kejadian *stunting* di Indonesia masih tinggi. Anemia merupakan salah satu penyakit penyerta pada balita *stunting* yang dapat diketahui berdasarkan kadar hemoglobin darah (Hb). Anemia dapat dipengaruhi oleh banyak faktor salah satunya asupan protein. Protein yang cukup dibutuhkan agar sintesis hemoglobin berjalan dengan baik. Surat An-Nisa' ayat 9 berpesan agar umat islam menyiapkan generasi penerus yang berkualitas sehingga anak mampu mengaktualisasikan potensinya sebagai bekal kehidupan dimasa mendatang.

Metode: Penelitian ini merupakan deskriptif analitik dengan rancangan *cross sectional*. Populasi penelitian ini sebanyak 112 orang balita dengan sampel Ibu yang memiliki balita di Desa Koncang dan Desa Kadugadung.

Hasil: Terdapat hubungan antara asupan protein dengan kejadian *stunting* pada balita ($P=0,030$). Sedangkan, tidak terdapat hubungan antara kadar hemoglobin dengan kejadian *stunting* pada balita ($P=0,281$) dan tidak ditemukan hubungan antara asupan protein dengan kadar hemoglobin pada balita *stunting* ($P=0,665$).

Kesimpulan: Tidak terdapat hubungan antara asupan protein dan kadar hemoglobin pada balita *stunting*.

Kata Kunci: stunting, balita, asupan protein, kadar hemoglobin

ABSTRACT

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Study Program : Medical
Title : Relation of Protein Intake and Hemoglobin Levels with Stunting of Toddler In Pandeglang and Its Review According To Islamic

Background: *Stunting is a chronic nutritional problem in children under five which is characterized by a shorter height compared to children their age. The prevalence of stunting in Indonesia according to RISKESDAS 2018 is 30.8%. This shows that the incidence of stunting in Indonesia is still high. Anemia is one of the comorbidities in stunting toddlers which can be identified based on the blood hemoglobin (Hb) level. Anemia can be influenced by many factors, one of which is protein intake. Sufficient protein is needed for hemoglobin synthesis to run properly. Surat An-Nisa 'verse 9 advises Muslims to prepare quality future generations so that children are able to actualize their potential as a provision for life in the future.*

Method: *This study is a descriptive analytic study with a cross sectional design. The population of this study was 112 children with a sample of mothers who had children under five in Koncang and Kadugadung villages.*

Result: *There was a relationship between protein intake and the incidence of stunting of toddler ($P = 0.030$). Meanwhile, there was no relationship between hemoglobin levels and the incidence of stunting of toddler ($P = 0.281$) and there was no relationship between protein intake and hemoglobin levels in stunting of toddler ($P = 0.665$).*

Conclusion: *There is no relationship between protein intake and hemoglobin levels in stunting of toddler.*

Keywords: *stunting, toddler, protein intake, hemoglobin levels*