

ABSTRAK

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Program Studi : Kedokteran
Judul Skripsi : Hubungan Konsumsi Protein Terhadap Kejadian Stunting pada Anak 6-23 Bulan di 2 Lokus Stunting Wilayah Kerja Puskesmas Kampar Kabupaten Kampar dan Tinjauannya Menurut Pandangan Islam

Latar belakang : Stunting merupakan suatu kondisi anak yang terlalu pendek pada usianya. Anak-anak yang mengalami stunting dapat menderita kerusakan fisik parah tidak bisa dipulihkan dan kerusakan kognitif disertai dengan pertumbuhan terhambat. Berdasarkan hasil Pemantauan Status Gizi (PSG) tahun 2017 di Provinsi Riau persentase baduta mengalami stunting mencapai 21,3%. Kabupaten Kampar pada tahun 2019 menjadi 60 Kabupaten/Kota Prioritas Tahap 2 yang memiliki 10 lokus. Dua diantaranya adalah Desa Pulau Jambu dan Desa Ranah Singkuang yang menjadi 2 lokus stunting wilayah kerja Puskesmas Kampar Kabupaten Kampar. Pentingnya protein sejalan dengan hikmah penyebutan hewan sejumlah ayat Al-Quran.

Metode : Penelitian ini menggunakan jenis penelitian observasional analitik dengan metode *cross sectional*. Penetapan sampel menggunakan metode *purposive sampling*. Besar sampel adalah 66 anak yang usia 6-23 bulan. Teknik pengumpulan data meliputi pengukuran antropometri serta pengisian kuesioner *Semi Quantitatif Food Frequency Questionnaire* (SQ-FFQ) untuk konsumsi protein. Teknik analisis data menggunakan uji *Chi-Square*.

Hasil : Didapatkan bahwa anak usia 6-23 bulan yang mengalami stunting sebanyak 14 anak (21,2%) sedangkan tidak stunting ada sebanyak 52 anak (78,8%). Untuk konsumsi protein yang memiliki konsumsi protein cukup ada 38 anak (57,6) sedangkan yang kurang ada 28 anak (42,4%). Hubungan konsumsi protein dengan kejadian stunting pada anak 6-23 bulan didapatkan nilai *p-value* sebesar 0,005.

Kesimpulan : Ada hubungan antara konsumsi protein dengan kejadian stunting pada anak 6-23 bulan di 2 lokus stunting wilayah kerja Puskesmas Kampar Kabupaten Kampar. Dalam Islam menganjurkan terhadap umatnya untuk mengonsumsi makanan dan minuman yang halal dan thayyib salah satunya mengonsumsi makanan yang mengandung protein.

Kata kunci: Konsumsi Protein, Stunting, Anak 6-23 Bulan

ABSTRACT

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Title : The Relationship of Protein Consumption with Incidence Stunting in Children 6-23 Months in 2 Stunting Locus Kampar Public Health Center Work Area Kampar District and Review According to Islamic Views

Background : *Stunting is a condition of children who are too short for us. Children who are stunted may suffer severe physical impairment without recovery and cognitive impairment with stunted growth. Based on the results of Nutritional Status Monitoring (NSM) in 2017 in Riau Province, the proportion of two-years old babies who experienced stunting reached 21.3%. Kampar Regency in 2019 becomes 60 Priority District / Cities Phase 2 which has 10 locus. Two of them are Pulau Jambu Village and Ranah Singkuang Village which are the 2 locus for the stunting work area of the Kampar Public Health Center in Kampar Regency. The importance of protein is in line with the wisdom of mentioning animals in a number of verses of the Al-Quran.*

Methods : *This research uses analytic observational research with cross sectional method. The samples were determined using purposive sampling method. The sample size was 66 children aged 6-23 months. Data collection techniques include anthropometric measurements and filling out the Semi Quantitative Food Frequency Questionnaire (SQ-FFQ) questionnaire for protein consumption. The data analysis technique used the Chi-Square test.*

Results : *From 66 children of researched, it was found that there were 14 children aged 6-23 months who were stunted (21.2%), while 52 children were not stunted (78.8%). For protein consumption, there were 38 children (57.6) who had enough protein consumption, while 28 children (42.4%) were less. From the results of statistical tests using the Chi-Square test the value of $P = 0.005$ is obtained so that there is a significant correlation between protein consumption and the incidence of stunting in children 6-23 months.*

Conclusion : *There is correlation between protein consumption and the incidence of stunting in children 6-23 months in 2 stunting locus Kampar Public Health Center work area Kampar District. In Islam it advises people to consume foods and drinks that are halal thayyibab, one of which is to eat foods that contain protein.*

Keywords : *Protein Consumption, Stunting, Children 6-23 Months*