

Korelasi antara asupan zink dengan indikator tinggi badan terhadap umur tb u pada anak usia 5- 6 tahun di Jakarta = Correlation between zinc intake and value of height for age indicator in children aged 5- 6 years in Jakarta

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Abstrak

[ABSTRAK

Status gizi kurang masih merupakan permasalahan serius pada anak di Indonesia. Salah satu dampaknya adalah terjadi stunting. Stunting adalah gangguan pertumbuhan linier. Prevalensi stunting yang diukur menggunakan indikator tinggi badan menurut usia (TB/U) pada anak usia pra sekolah (4-6 tahun) di Indonesia mencapai 35,7%. Faktor yang dapat menyebabkan stunting adalah terjadinya malnutrisi kronik. Malnutrisi dapat terjadi karena kurangnya asupan makronutrien maupun mikronutrien. Salah satu kebutuhan mikronutrien yang harus dipenuhi adalah asupan zink. Zink berperan dalam memproduksi hormon pertumbuhan, sehingga kekurangan zink dapat berpengaruh terhadap kejadian stunting. Penelitian ini ingin mencari korelasi antara asupan zink dengan indikator TB/U pada anak usia 5-6 tahun di Jakarta. Penelitian dilakukan dengan metode cross sectional dengan menggunakan data sekunder yang didapatkan melalui pengukuran antropometri dan food frequency questionnaire dari sebuah penelitian di beberapa RW di Jalan Kimia pada tahun 2011. Dari hasil penelitian ini didapatkan sebanyak 37,1% subyek penelitian dengan asupan zink kurang dan sebanyak 18,6% mengalami stunting. Tidak ditemukan adanya korelasi antara asupan zink dengan indikator TB/U.

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ABSTRACT

Low nutritional status is still a major problem for children in Indonesia. Low nutritional status could lead to stunting in children. Stunting is a linear growth problem. The prevalence of stunting, measured by height for age indicator, in pre-school children (age 4-6 years) in Indonesia is 35.7%. One of the factor that can cause stunting is chronic malnutrition. Low intake of macronutrient or micronutrient can cause malnutrition in children. Zinc is one of the important micronutrient essential for children. Zinc have a role in producing growth hormones. Inadequate intake of zinc possibly could lead to stunting. The goal of this research is to find a correlation between zinc intake and height for age indicator in children aged 5-6 years in Jakarta. This research used a cross-sectional method, using secondary data that contains anthropometric measurements and food frequency questionnaire data from a research conducted in several RW‟s on Jalan Kimia in 2011. The results showed that 37.1% of the research subject have inadequate zinc intake and 18.6% is stunted. No correlation is found between zinc intake and height for age indicator., Low nutritional status is still a major problem for children in Indonesia. Low nutritional status could lead to stunting in children. Stunting is a linear growth problem. The prevalence of stunting, measured by height for age indicator, in pre-school children (age 4-6 years) in Indonesia is 35.7%. One of the factor that can cause stunting is chronic malnutrition. Low intake of macronutrient or micronutrient can cause malnutrition in children. Zinc is one of the important micronutrient essential for children. Zinc have a role in producing growth hormones.

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