

# Suplementasi vitamin A sebagai faktor dominan kejadian stunting pada siswa sekolah dasar kelas 1 di Jakarta Utara tahun 2016 = Vitamin A supplementation as a dominant factor of stunting among the first grade primary school children in North Jakarta 2016

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## Abstrak

Stunting merupakan salah satu kondisi kekurangan gizi kronis yang dapat menyebabkan penurunan kemampuan kognitif dan prestasi belajar pada anak usia sekolah. Penelitian ini bertujuan untuk melihat faktor yang dominan pada siswa sekolah dasar kelas 1 di Jakarta Utara Tahun 2016. Desain studi dalam penelitian ini adalah cross-sectional dengan metode Multistage Sampling. Sampel yang diteliti sebanyak 156 siswa sekolah dasar kelas 1 di Jakarta Utara Tahun 2016 dengan responden yang memberikan informasi penelitian yaitu ibu dari siswa tersebut. Penelitian dilaksanakan pada bulan Maret-Juni 2016. Data penelitian diperoleh melalui angket, formulir FFQ, dan pengukuran antropometri. Uji yang digunakan untuk analisis bivariat adalah uji Chi-square dan uji T-independent, sedangkan analisis multivariat dengan uji regresi logistik ganda.

Hasil penelitian menunjukkan bahwa 19,2% siswa mengalami stunting dan terdapat perbedaan proporsi bermakna antara stunting menurut ASI eksklusif, riwayat penyakit infeksi, sanitasi dan kebersihan, pemanfaatan pelayanan kesehatan, suplementasi vitamin A, status imunisasi, pola asuh, pengetahuan gizi ibu, pendapatan keluarga dan frekuensi konsumsi makanan sumber zat gizi (protein, vitamin A, zat besi, dan seng). Kemudian, dari hasil analisis regresi logistik didapatkan suplementasi vitamin A sebagai faktor dominan. Berdasarkan hasil penelitian ini, diharapkan Dinas Kesehatan dan Dinas Pendidikan dapat melakukan perbaikan gizi siswa sekolah dasar baik melalui pemantauan status gizi berkala, muatan gizi di sekolah, perbaikan sanitasi dan lingkungan. Selain itu, sekolah dapat mendukung kinerja pemerintah melalui program sekolah sehat dan edukasi terhadap orang tua siswa.

.....Stunting is a condition of chronic malnutrition that can lower the cognitive abilities and learning achievement of the primary school children. This study aim to reveal the dominant factor of stunting among the first grade primary school children in North Jakarta 2016. This study uses cross-sectional design with multistage sampling method. The samples are 156 primary school children in North Jakarta 2016 and respondents who provide the research information are mother of that primary school children. The study was conducted in March-June 2016. Data of this research collected by questionnaires, FFQ form, and anthropometric measures. Test used for bivariate analysis was Chi-square test and independent T-test, whereas multivariate analysis with multiple logistic regression.

Results of this research showed that 19,2% students were stunting. There are statistically differences proportion of stunting based on exclusive breastfeeding, history of infectious diseases, sanitation and hygiene, health service utilization, vitamin A supplementation, immunization status, nutrition care pattern, mother knowledge of nutrition, family income. and frequency of frequency of consumption food sources nutrition (protein, vitamin A, iron, and zinc). Then, the logistic regression analysis showed that that vitamin A supplementation as a dominant factor of stunting. Based on the results, Indonesian Department of Health and Indonesian Department of Education should improve the nutrition of primary school children through

periodic monitoring of nutritional status, increase children knowledge, and improve the sanitation and environment. In addition, the school can support the government's performance through the healthy schools program and educate parents.