

## Status gizi balita dan hubungannya dengan tingkat pola asupan protein di Provinsi Nusa Tenggara Timur = Nutritional status of under five children and its association with protein intake in Nusa Tenggara Timur

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### Abstrak

#### <b>ABSTRAK</b><br>

Balita merupakan salah satu kelompok yang sangat rentan mengalami masalah status gizi. Di Indonesia, prevalensi balita kekurangan gizi, pendek, dan kurus cukup tinggi, terutama di Provinsi Nusa Tenggara Timur. Selain masalah status gizi, sebagian besar balita di Provinsi NTT juga mengalami kekurangan asupan protein. Asupan protein merupakan salah satu faktor yang dapat mempengaruhi status gizi. Penelitian ini bertujuan untuk mengetahui status gizi balita dan hubungannya dengan tingkat pola asupan protein di Provinsi NTT. Desain penelitian yang digunakan adalah desain potong lintang analitik dengan jumlah sampel sebesar 564 balita berusia 12-59 bulan. Hasilnya menunjukkan bahwa sebesar 47 subjek kekurangan gizi, 62,8 subjek pendek, dan 14,9 subjek kurus. Setengah dari jumlah subjek juga memiliki tingkat pola asupan protein yang kurang 50,4 . Analisis bivariat menggunakan uji Chi-square menunjukkan hubungan yang bermakna secara statistik antara tingkat pola asupan protein dengan status gizi menurut BB/U  $p=0,001$  dan TB/U  $p=0,041$  . Selain itu, juga terdapat hubungan yang bermakna secara statistik antara tingkat penghasilan keluarga dengan status gizi menurut BB/U  $p=0,019$  dan TB/U  $p=0,002$  serta tingkat pendidikan ibu dengan status gizi menurut TB/U  $p=0,011$  . Kesimpulannya, prevalensi kekurangan gizi, pendek dan kurus pada balita di Provinsi NTT tinggi dan secara signifikan berhubungan dengan tingkat pola asupan protein.

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Under five children are one of group which is very vulnerable to nutritional status problem. In Indonesia, prevalence of underweight, stunting, and wasting among under five children is high, especially in Nusa Tenggara Timur. Besides nutritional status problem, most of under five children in NTT also had low protein intake. Protein intake is one of many factors that may influence nutritional status. The aim of this study is to determine nutritional status of under five children and its association with protein intake in NTT. Study design applied is analytical cross sectional with a sample of 564 under five children aged 12 59 months. The results showed that 47 subjects were underweight, 62.8 subjects were stunting, and 14.9 subjects were wasting. Half of subjects had insufficient protein intake 50.4 . Bivariate analysis using Chi square test showed significant association between protein intake and nutritional status index of weight for age  $p 0.001$  and height for age  $p 0.041$  . In addition, there were significant association between family income and nutritional status index of weight for age  $p 0.019$  and height for age  $p 0.002$  , as well as mother's education and nutritional status index of height for age  $p 0.011$  . In conclusion, prevalence of underweight, stunting, and wasting among under five children in NTT was high and it significantly associated with protein intake.