

# HUBUNGAN TINGKAT KONSUMSI ZINK DAN BERAT BADAN LAHIR DENGAN KEJADIAN STUNTING BALITA USIA 24-59 BULAN DI PUSKESMAS JEKULO KABUPATEN KUDUS

Sri Mulyani<sup>1</sup>, Wulandari Meikawati<sup>2</sup>

<sup>1</sup>Program Studi S1Gizi Fakultas Ilmu Keperawatan dan Kesehatan

<sup>2</sup> Program Studi Kesehatan Masyarakat  
Universitas Muhammadiyah Semarang

Stunting merupakan kekurangan gizi kronis atau kegagalan pertumbuhan dimasa lalu dan digunakan sebagai indikator jangka panjang untuk gizi kurang pada anak. Penelitian ini bertujuan untuk mengetahui hubungan tingkat konsumsi zink dan berat badan lahir dengan kejadian stunting pada balita usia 24-59 bulan di Puskesmas Jekulo Kabupaten Kudus.

Penelitian ini merupakan penelitian analitik kasus kontrol, sampel dalam penelitian ini adalah balita usia 24-59 bulan yang tinggal di wilayah bina Puskesmas Jekulo sebanyak sampel 42 balita. Data konsumsi zink dikumpulkan dengan metode food recall 2x24 jam, hasilnya dibandingkan dengan Angka Keukupan Gizi (AKG). Status gizi stunting dilakukan dengan mengukur tinggi badan kemudian dibandingkan dengan baku WHO 2005 TB/U. Tahap selanjutnya menggunakan uji chi square untuk mengetahui hubungan antar variabel, dilanjutkan menghitung *Odds Ratio*. Hasil penelitian menunjukkan proporsi tingkat konsumsi zink cukup pada balita stunting lebih banyak (57,1%) dibanding zink kurang (42,9%). Proporsi balita dengan riwayat berat lahir tidak BBLR lebih banyak pada balita stunting (85,7%) dibandingkan balita dengan riwayat BBLR (14,3%). Ada hubungan bermakna antara tingkat konsumsi zink ( $p=0,004$ ) dengan kejadian stunting di wilayah bina Puskesmas Jekulo. Tidak ada hubungan antara berat badan lahir ( $p=0,606$ ) dengan kejadian stunting di Puskesmas Jekulo.

Balita yang tingkat konsumsi zinknya kurang memiliki kemungkinan stunting 15 kali dibanding balita yang konsumsi zinknya cukup.

**Kata Kunci:** zink, berat badan lahir, stunting

# **^CORRELATION BETWEEN CONSUMPTION LEVEL ZINK AND BIRTH AGE WITH STUNTING EVENTS OF AGE 24-59 MONTHS IN PUSKESMAS JEKULO KABUPATEN KUDUS**

Sri Mulyani<sup>1</sup>, Wulandari Meikawati<sup>2</sup>

<sup>1</sup> Program of Nursing Studies of Nutrition Faculty of Nursing and Health Sciences

<sup>2</sup> Public Health Studies Program  
University of Muhammadiyah Semarang

Stunting is a chronic malnutrition or a failure of past growth and is used as a long-term indicator of under-nutrition in children. This study aims to determine the relationship between the level of consumption of zinc and birth weight with the incidence of stunting in children aged 24-59 months in Puskesmas Jekulo Kudus District.

This research is an analytic study of control cases, the samples in this study are children aged 24-59 months who live in the area of Bina Puskesmas Jekulo as many as 42 children under five. Zink consumption data was collected by food recall method 2x24 hours, the result was compared with Nutrient Adequacy Ratio (AKG). Nutritional status of stunting was done by measuring height then compared with WHO 2005 TB / U standard. The next stage uses chi square test to determine the relationship between variables, continued to calculate Oods Ratio. The results showed that the proportion of zinc consumption level was enough in stunting children more (57,1%) than zinc less (42,9%). The proportion of children under five with birth weight was not more BBLR in stunting children (85.7%) than under-five children with a history of low birth weight (14.3%). There was a significant correlation between zink consumption level ( $p = 0,004$ ) with stunting incident in Jekulo Community Health Development area. There was no correlation between birth weight ( $p = 0,606$ ) with stunting event at Puskesmas Jekulo.

Toddlers who consume zinknya less possibility of stunting 15 times compared to toddlers who consume zinknya enough.

**Keywords: zinc, birth weight, stunting**