

Indikator stunting pada balita di lingkungan urban dan rural Banten tahun 2020 = Stunting indicator of toddlers in urban and rural environment in Banten 2020

Rosa Syahrudat, author

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Abstrak

Latar belakang: Stunting adalah masalah global yang menyebabkan pertumbuhan anak tidak maksimal. Selain asupan nutrisi, stunting juga dipengaruhi oleh berbagai faktor lain, seperti karakteristik sosioekonomi. Jenis lingkungan tempat tinggal, antara di urban atau rural, dapat memengaruhi faktor-faktor tersebut. Tujuan: Mengetahui hubungan antara lingkungan urban dengan lingkungan rural dan skor-Z TB/U pada balita untuk mencegah stunting.

Metode: Penelitian ini adalah penelitian potong lintang komparatif antara populasi balita di lingkungan urban dan rural dengan status stunting dan skor-Z TB/U di Banten, Indonesia. Sebanyak 99 anak di Kota Serang dan 102 anak di Kabupaten Tangerang berusia 6-59 bulan diteliti. Panjang/tinggi anak diolah menggunakan WHO Anthro Survey Analyser untuk mendapatkan skor-Z TB/U. Asupan gizi dicatat menggunakan kuesioner 24-hour recall dan dihitung total konsumsi energi, karbohidrat, protein, dan lemak dalam satu hari. Karakteristik sosioekonomi pekerjaan ayah dan ibu, pendidikan ayah dan ibu, serta pemasukan keluarga per bulan) didapatkan melalui kuesioner. Hasil penelitian diuji menggunakan SPSS v20 dengan uji hipotesis Chi-Square untuk proporsi stunting dan uji T independen untuk skor-Z TB/U.

Hasil: Skor-Z TB/U di lingkungan urban -1,05 ($\pm 1,42$) dan di urban -0,81 ($\pm 1,09$) (p: 0,183). Sedangkan, proporsi status stunting di lingkungan rural 25,5% dibandingkan di urban 14,1% (p: 0,044).

Simpulan: Skor-Z TB/U antara lingkungan urban dan rural tidak berbeda signifikan, namun proporsi stunting lebih tinggi di lingkungan rural secara signifikan

.....Background: Stunting is a global problem that affects growth of children. Aside from nutrition intake, stunting is also caused by other factors, for instance socioeconomic characteristics. Differences in living areas between urban and rural can affect these factors.

Aim: To find out the relation between urban and rural environment and height-forage Z-score (HAZ) in children to prevent stunting.

Methods: A cross-sectional study was held comparing population of children in rural and urban areas with stunting status and HAZ in Banten, Indonesia. The samples were 99 children from Kota Serang and 102 children from Kabupaten Tangerang aged 6-59 months. Length/height was processed using WHO Anthro Survey Analyser to get HAZ. Nutrition intake was recorded using 24-hour recall questionnaire and converted into total energy, carbohydrate, protein, and fat consumption of one day. Socioeconomic characteristics were recorded using a questionnaire. Results of this study were processed using SPSS v20 with Chi-Square test for stunting difference proportion and independent-T test for HAZ difference.

Results: HAZ in rural area is -1,05 ($\pm 1,42$) whilst in urban area is -0,81 ($\pm 1,09$) (p: 0,183). Meanwhile, the proportion of stunting in rural area is 25,5% compared to in urban area, which is 14,1% (p: 0,044).

Conclusion: There is no significant difference in HAZ between urban and rural areas, but the proportion of stunting is significantly higher in rural area.