

Perbedaan asupan dan status besi pada anak stunted dan non-stunted usia 24–35 bulan pada masa pandemi Covid-19 di Jakarta = Differences in iron intake and status in stunted and non-stunted children aged 24-35 months during the COVID-19 pandemi In Jakarta

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Abstrak

Menurut data WHO 2018, angka kejadian stunted mencapai 21,9% yang berarti sekitar 140 juta anak di dunia mengalami kejadian stunted. Prevalensi stunted di Indonesia pada tahun 2018 mencapai 30,8%. Artinya, kejadian stunted diderita oleh sekitar 7,3 juta anak Indonesia. Pandemi Covid 19 yang terjadi sejak 2020 menyebabkan banyak perubahan pola kondisi sosial ekonomi pada masyarakat, yang tentu saja mempengaruhi kemampuan orang tua menyediakan makanan yang bergizi untuk memenuhi kebutuhan asupan nutrisi anak. Jika kecukupan zat gizi inadekuat, proses metabolisme tubuh dapat terganggu dan akan menyebabkan terhambatnya proses pembentukan sel atau jaringan dalam tubuh yang selanjutnya menjadi stunted. Salah satu nutrisi yang harus tercukupi adalah zat besi. Tujuan penelitian ini adalah untuk mengetahui perbedaan asupan dan status besi pada anak stunted dan non stunted pada anak usia 24 – 35 bulan pada masa pandemi Covid-19 di Jakarta. Metode penelitian yang digunakan adalah potong lintang komparatif menggunakan data sekunder dari 77 anak usia 24 – 35 bulan di Puskesmas Kampung Melayu, Jakarta Timur pada bulan September sampai dengan Oktober 2020. Data karakteristik subjek diambil dengan kuesioner. Data asupan zat besi, kalori dan protein didapat dengan metode semikuantitatif Food Frequency Questionnaire. Dilakukan pemeriksaan antropometri dan laboratorium untuk kadar hemoglobin, ferritin dan hs-CRP. Analisis bivariat t tidak berpasangan digunakan untuk mengetahui perbedaan kadar Hb antara anak stunted dan non-stunted, dan uji Mann-Whitney untuk mengetahui perbedaan asupan besi dan kadar ferritin antara anak stunted dan non-stunted, dengan batas kemaknaan $p < 0,05$. Didapatkan perbedaan rerata yang bermakna kadar Hb ($9,91 \pm 1,93$ g/dL kelompok stunted dan $12,18 \pm 1,20$ g/dL kelompok non-stunted, $p < 0,001$) dan kadar ferritin ($4,9$ ($1,5 - 67,4$) g/L kelompok stunted dan $26,8$ ($1,6 - 91,1$) g/L kelompok non-stunted, $p < 0,001$). Asupan besi tidak terdapat perbedaan bermakna di antara kedua kelompok ($8,85$ ($1,5 - 74$) mg kelompok stunted dan $11,1$ ($1,9 - 118,6$) mg kelompok non-stunted, $p = 0,676$). Hasil analisis menemukan Kadar Hb dan ferritin anak stunted lebih rendah dibandingkan pada anak non-stunted.

.....According to WHO 2018 data, the stunted incidence rate reached 21.9%, which means that around 140 million children in the world experienced stunted events. The prevalence of stunted in Indonesia in 2018 reached 30.8%. This means that around 7.3 million Indonesian children are stunted. Since 2020, the Covid 19 pandemi has caused many changes in the pattern of socioeconomic conditions in society, which, of course, affects parents' ability to provide nutritious food to meet the nutritional needs of their children. If nutrients are insufficient, the body's metabolic processes will be disrupted, and the process of forming cells or tissues in the body will be inhibited, causing growth to be stunted. Iron is one of the nutrients that must be met. The goal of this study was to see if there were any differences in iron intake and status between stunted and non-stunted children aged 24-35 months during the Covid-19 pandemi in Jakarta. From September to October 2020, 77 children aged 24-35 months were studied in a cross-sectional comparative study using

secondary data at the Kampung Melayu Health Center in East Jakarta. A questionnaire was used to collect data on the subjects' characteristics. Data on iron, calorie and protein intake were taken using the semi-quantitative Food Frequency Questionnaire method. Anthropometric and laboratory examinations were performed for hemoglobin, ferritin and hs-CRP levels. Independent sample t-test was used to determine differences in Hb levels between stunted and non-stunted children, and the Mann-Whitney test to determine differences in iron intake and ferritin levels between stunted and non-stunted children, using a significance limit of $p < 0.05$. There was a significant difference in Hb levels (9.91 ± 1.93 g/dL in the stunted group and 12.18 ± 1.20 g/dL in the non-stunted group, $p < 0.001$) and ferritin levels (4.9 (1.5 - 67.4) g/L in the stunted group and (26.8 (1.6 - 91.1) g/L in the non-stunted group, $p < 0.001$) There was no significant difference in iron intake between the two groups (8.85 (1.5-74) mg in the stunted group and 11.1 (1.9 - 118.6) mg in the non-stunted group, $p = 0.676$. The results of the analysis found Hb and ferritin levels in stunted children were lower than in non-stunted children