Pengaruh Pemberian Satu Butir Telur Per Hari Pada Anak Stunting Usia 2-5 Tahun di Kabupaten Buton Terhadap Kadar Zinc = The Effect of Giving One Egg Per Day on Stunted Children Aged 2-5 Years in Buton Regency on Zinc Levels

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Abstrak

Stunting ditandai oleh anak dengan perawakan pendek dan pada kurva pertumbuhan WHO mendapatkan nilai dibawah -2 standar deviasi. Stunting dapat dicegah dengan nutrisi baik namun prevalensi rata-rata stunting Indonesia masih 30.8%. Akibat stunting merugikan individunya dan sumber daya manusia Indonesia. Anak yang stunting diteliti memiliki kadar zinc darah rendah yang menyebabkan terganggunya aktivitas enzim dan antioksidan, serta proses pertumbuhan skeletal dan homeostasis tulang. Telur yang mengandung zinc dan memiliki bioavailabilitas tinggi diharapkan mampu meningkatkan kadar zinc darah rendah. Penelitian ini disusun untuk meneliti dampak konsumsi telur rutin terhadap kadar zinc. Penelitian kuantitatif eksperimental ini mencangkup kelompok intervensi dan kontrol 22 sampel dari Laboratorium Biokimia FKUI. Intervensi dilakukan dengan nakes memberikan satu butir telur per hari selama 30 hari dengan masakan yang semacam per harinya kepada subyek. Penilaian kadar zinc dengan spektrofotometer dan dianalisis melalui SPSS dengan metode independent T-test. Hasil penelitian menunjukkan terdapatnya perbedaan signifikan antara kedua kelompok ($p < 0,05$), didapatkan pula kadar zinc rata-rata pada kelompok intervensi adalah 718,8133 ug/dL yang lebih tinggi dari kelompok control yaitu 143,4536 ug/dL. Dengan demikian, pemberian asupan telur 1 butir sehari selama 30 hari menyebabkan perubahan kadar zinc darah yang signifikan pada anak stunting usia 2-5 tahun di Kabupaten Buton

.....Stunting is characterized by children with short stature and on the growth curve that gets a value below -2 standard deviations. Stunting can be prevented with good nutrition but the average prevalence of stunting in Indonesia is still 30.8%. The effects of stunting are detrimental to the individual and Indonesia's human resources. The stunted children studied had low blood zinc levels which disrupted enzyme and antioxidant activity, as well as bone growth processes and bone homeostasis. Eggs that contain zinc and have high bioavailability are expected to be able to increase low blood zinc levels. This study was designed to examine the impact of routine egg consumption on zinc levels. This experimental quantitative study included intervention and control groups of 22 samples from the FKUI Biochemistry Laboratory. The intervention was carried out by health workers giving one egg per day for 30 days with the same type of cooking per day to the subjects. Zinc levels were assessed using a spectrophotometer and analyzed using SPSS with the Independent T-test method. The results showed a significant difference between the two groups ($p <0.05$), and the average zinc level in the intervention group was 718.8133 ug/dL, which was higher than the control group, which was 143.4536 ug/dL. Thus, giving 1 egg a day for 30 days caused a significant change in blood zinc levels in stunted children aged 2-5 years in Buton Regency.