



ABSTRAK

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HUBUNGAN ASUPAN ENERGI, PROTEIN, ZAT BESI DAN VITAMIN A TERHADAP STATUS GIZI ANAK USIA 12-35 BULAN DI PROVINSI NUSA TENGGARA TIMUR (ANALISIS DATA RISKESDAS 2010)

xiv, VI BAB, 107 halaman, 23 tabel, 1 gambar.

Latar Belakang : Masalah gizi utama masih didominasi oleh kurang energi protein (KEP), gangguan akibat kurang yodium (GAKY), kurang vitamin A (KVA), dan anemia gizi. Gizi buruk masih menjadi masalah utama yang dihadapi penduduk Provinsi Nusa Tenggara Timur. Masalah kekurangan zat gizi makro maupun zat gizi mikro pada anak saat ini semakin meningkat, terutama tingginya prevalensi *stunted*, anemia besi dan xerophthalmia.

Tujuan : Mengetahui hubungan asupan energi, protein, zat besi dan vitamin A terhadap status gizi anak usia 12-35 bulan di Provinsi Nusa Tenggara Timur pada tahun 2010.

Metode Penelitian : Desain penelitian *cross-sectional*, data hasil Riset Kesehatan Dasar 2010, analisis data *Chi-square* dan Odds Rasio. Sampel 269 di Provinsi NTT.

Hasil : Anak usia 12-35 bulan di Provinsi Nusa Tenggara Timur lebih banyak berjenis kelamin perempuan 50.6%. Sebanyak 71.4% asupan energi kurang, 62.1% asupan protein kurang, 97.8% memiliki asupan zat besi kurang, 97.4% asupan vitamin A kurang. Sebanyak 72.1% anak berstatus gizi baik, 83.6% anak berstatus gizi normal, dan 63.6% anak mengalami kejadian *stunting*. Ada hubungan asupan energi dengan status gizi BB/TB ($p < 0,05$; OR=2.387; CI 95%). Ada hubungan asupan protein dengan status gizi BB/TB ($p < 0,05$; OR=2.352; CI 95%).) dan BB/U ($p < 0,05$; OR=2.013; CI 95%).). Tidak ada hubungan asupan zat besi dan vitamin A terhadap status gizi ($p > 0,05$).

Kesimpulan : Status gizi anak usia 12-35 bulan dipengaruhi asupan energi dan protein. Maka perlu diadakan penelitian tentang faktor determinan lain yang mempengaruhi status gizi.

Kata Kunci : Anak 12-35 bulan, asupan energi, protein, status gizi, vitamin A, zat besi.

Daftar Pustaka : 66 (1989-2014)



ABSTRACT

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THE ASSOCIATION BETWEEN ENERGY, PROTEIN, IRON AND VITAMIN A INTAKE ON THE NUTRITIONAL STATUS OF CHILDREN AGES 12-35 MONTHS IN EAST NUSA TENGGARA

xiv, VI chapters, 107 pages, 23 tabel, 1 gambar.

Background : Nutritional problems in Indonesia are still dominated by protein energy malnutrition (PEM), vitamin A deficiency (VAD), and iron anemia. Malnutrition is still a major problem faced by the population of East Nusa Tenggara (NTT), especially the high prevalence of stunted, iron anemia and xerophthalmia.

Objective : These study examined the association between energy, protein, iron and vitamin A intake on the nutritional status of children ages 12-35 months.

Design : This is a cross sectional study that using secondary data from Riskesdas 2010. The sample size consist of 269 children ages 12-35 months in NTT. Data analysis was performed using chi-square test and odds ratio.

Result : There is an association between energy intake and WHZ ($p < 0,05$; OR=2,387; 95% CI). There is an association between protein intake and WHZ ($p < 0,05$; OR=2,352; 95% CI) and WAZ ($p < 0,05$; OR=2,013; 95% CI). There is no association between iron and vitamin A intake on the nutritional status ($p > 0,05$).

Conclusion : Nutritional status of children aged 12-35 months are affected by energy and protein intake. Require public nutrition improvement programs and increase the accessibility of a variety of foods.

Keyword : *Children 12-35 months, energy, iron, protein, vitamin A.*