



**ABSTRAK**  
**UNIVERSITAS ESA UNGGUL**  
**FAKULTAS ILMU-ILMU KESEHATAN**  
**PROGRAM STUDI ILMU GIZI**  
**SKRIPSI, FEBRUARI 2015**

**SUFIAH**

**HUBUNGAN ASUPAN ENERGI, PROTEIN, LEMAK, ZAT BESI DAN  
PENDIDIKAN IBU TERHADAP KEJADIAN *STUNTING* PADA ANAK  
UMUR 6-12 TAHUN DI WILAYAH SUMATERA BAGIAN SELATAN  
(ANALISA DATA SEKUNDER RISKESDAS 2010)**

**xvi, VI BAB, 116 Halaman, 21 tabel, 2 bagan, 10 grafik.**

**Latar Belakang :** Secara nasional dalam Riset Kesehatan Dasar 2010 prevalensi kependekan pada anak umur 6-12 tahun adalah 35,6%. Provinsi di Wilayah Sumatera bagian Selatan mempunyai prevalensi kependekan di atas prevalensi nasional.

**Tujuan :** Mengetahui hubungan asupan energi, protein, lemak, zat besi dan pendidikan ibu terhadap kejadian *stunting* pada anak umur 6-12 tahun di wilayah Sumatera bagian selatan

**Metode Penelitian :** Desain penelitian *cross-sectional*. Sampel anak umur 6-12 tahun ( $n = 2137$ ) di wilayah Sumatera bagian selatan. Penelitian ini menggunakan data sekunder Riskesdas 2010. Analisa data menggunakan Uji korelasi *pearson*, *One-way Anova* dan uji regresi linier ganda.

**Hasil Penelitian :** Status gizi menurut TB/U di wilayah Sumatera bagian Selatan sebanyak 573 responden (26.8%) memiliki status gizi *Stunting*. Rata-rata asupan energi ( $1090.38 \pm 367.874$ ), protein ( $35.22 \pm 13.0245$ ), lemak ( $30.33 \pm 16.685$ ) dan besi ( $4.41 \pm 2.982$ ) cukup rendah dari AKG 2012. Ada hubungan yang signifikan antara asupan Protein ( $p=0.025$ ), Zat besi ( $p=0.019$ ) dan Status gizi tinggi badan menurut umur (*stunting*) ( $p \leq 0.05$ ). Tidak ada hubungan yang signifikan antara asupan Energi ( $p=0.833$ ), Lemak ( $p=0.833$ ) dan Status gizi tinggi badan menurut umur (*stunting*) ( $P > 0.05$ ). Ada perbedaan Status gizi TB/U (*Stunting*) pada tingkat pendidikan ibu ( $F_{hitung} = 6.521$ ;  $p \leq 0.05$ ). Zat besi merupakan salah satu faktor yang paling kuat mempengaruhi status gizi TB/U *stunting*. ( $P < 0.05$ ).

**Kesimpulan :** Pentingnya mengkonsumsi protein dan zat besi, terutama zat besi sesuai kebutuhan dapat meningkatkan status gizi TB/U.

**Kata Kunci :** Asupan Zat Gizi Makro, Zat besi, Pendidikan ibu, *Stunting*

**Daftar Bacaan :** 82 (1979-2014)



**ABSTRACT**  
**ESA UNGGUL UNIVERSITY**  
**FACULTY SCIENCE OF HEALTH**  
**MAJORING NUTRITION SCIENCE**  
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**SUFIAH**

**THE RELATIONSHIP OF ENERGY, PROTEIN, FAT, IRON INTAKE AND MATERNAL EDUCATION WITH STUNTING OF 6-12 YEARS OLD CHILDREN IN SOUTHERN SUMATERA (SECONDARY DATA ANALYSIS OF RISKESDAS 2010)**

**xvi, VI Chapters, 116 pages, 21 table, 2 frame, 10 chart.**

**Background :** Report of Riskesdas 2010 showed that the prevalence of stunting in 6-12 years old children is 35,6%. Prevalences stunting in the southern Sumatera is as higher than National prevalence of stunting.

**Objective :** Determine the relationship of energy, protein, fat, iron intake, maternal education and nutrition status HAZ (stunting) of 6-12 years old children in Southern Sumatera.

**Methods :** This study is a cross-sectional design. Subjek in this study are children in age 6-12 years old in southern Sumatera (n= 2137). This study uses secondary data of Riskesdas 2010. Analyze of data using corellation test, one-way anova test, and multiple linier regression analysis.

**Result :** The average intake of energy (1090.38±367.874), protein (35.22±13.0245), fat (30.33±16.685), and iron (4.41±2.982) is lower than RDA. there is a relationship between Protein ( $p=0.025$ ), iron ( $p=0.019$ ) intake and nutrition status HAZ (stunting) ( $p \leq 0.05$ ), There is no relationship between Energy ( $p=0.833$ ), Fat ( $p=0.833$ ) intake and nutrition status HAZ (stunting) ( $p > 0.05$ ). There was has difference nutrition status HAZ (stunting) in the maternal education level ( $F_{hitung} = 6.521$ ;  $p \leq 0.05$ ). Iron intake has a strong relationship on nutrition status HAZ (stunting) ( $p \leq 0.05$ ).

**Conclusion :** The importance of consuming protein and iron as needed, particularly iron, can improve nutrional status HAZ.

**Keywords :** Intake energy, protein, fat, iron, maternal education, stunting.