

INTISARI

FAKTOR RISIKO KEJADIAN STUNTING PADA ANAK SEKOLAH DASAR DI DAERAH ENDEMIK GAKI KABUPATEN TIMOR TENGAH UTARA

Latar Belakang: Stunting merupakan salah satu masalah gizi serius di beberapa negara di dunia, khususnya negara-negara berkembang termasuk Indonesia. Faktor risiko stunting antara lain tinggi badan ibu, BBLR dan penyakit infeksi serta faktor lain seperti asupan makan, konsumsi goitrogenik, kadar iodium garam dan kadar iodium urin. Balita yang stunting akan tumbuh menjadi remaja bahkan dewasa stunting. Iodium merupakan mikronutrien penting untuk pertumbuhan dan perkembangan normal. Defisiensi iodium menyebabkan stunting secara tidak langsung. Prevalensi stunting yang tinggi dan status iodium yang tidak diketahui menjadi perhatian penting untuk mengetahui faktor risiko stunting di daerah endemik GAKI.

Tujuan: Mengetahui faktor risiko stunting pada anak Sekolah Dasar di daerah endemik GAKI

Metode: Penelitian ini merupakan penelitian observasional analitik dengan desain penelitian *case control*. Sampel penelitian adalah siswa sekolah dasar berusia 10-12 tahun sebanyak 106 orang. Analisis hasil penelitian secara bivariat menggunakan *chi square*, dan *t-test* dan analisis multivariat menggunakan regresi logistik.

Hasil: Analisis bivariat tinggi badan ibu (OR=3,69;CI95%1,324-10,329) dan riwayat penyakit infeksi (OR=11,02;CI95% 2,388-50,909) merupakan faktor risiko stunting ($p<0,05$). BBLR, konsumsi goitrogenik, kadar iodium garam (tes cepat dan titrimetrik) dan kadar iodium urin bukan merupakan faktor risiko stunting. Ada perbedaan rata-rata asupan protein dan Fe antara anak stunting dan tidak stunting ($p<0,05$). Analisis multivariat dengan mengendalikan konsumsi goitrogenik tinggi badan ibu dan riwayat penyakit infeksi merupakan faktor risiko stunting.

Kesimpulan: Tinggi badan ibu dan riwayat penyakit infeksi merupakan faktor risiko stunting pada anak sekolah dasar di daerah endemik GAKI. Ada perbedaan yang bermakna pada asupan protein dan Fe antara anak stunting dan anak tidak stunting. Konsumsi goitrogenik, Kadar iodium garam dengan tes cepat dan titrimetrik serta kadar iodium urin bukan merupakan faktor risiko stunting.

Kata Kunci: Stunting, Faktor risiko, GAKI, Anak Sekolah Dasar.

ABSTRACT

RISK FACTORS OF STUNTING ON PRIMARY SCHOOL CHILDREN IN THE ENDEMIC AREA IODINE DEFICIENCY DISORDERS AT TIMOR TENGAH UTARA REGENCY

Background: Stunting is one of the serious nutritional issues occurring in several countries, especially in developing countries as Indonesia. Risk factors of stunting include body height of mother, low birth weight, infectious diseases, and other factors as food intake, goitrogenic consumption, iodine content of salt, and iodine content of urine. Stunted children will develop as stunted adolescents and adults. Iodine is considered as a vital micronutrient for normal growth and development, so iodine deficiency can cause stunting. The high prevalence of stunting and unknown status of iodine is an important concern for the risk factor of stunting in the endemic area iodine deficiency disorder.

Objectives: This research aims to investigate risk factors of stunting on primary school children in the endemic area of Timor Tengah Utara suffering from iodine deficiency disorders.

Methods: This research was analytical-observational research with the case-control research design. The research sample was 106 primary school children aged 10-12 years-old. Bivariate analysis was conducted by applying the chi-square analysis and t-test; while the multivariate analysis was done by employing the logistic-regression analysis

Results: The results of bivariate analysis indicated that body height of mother (OR = 3.69; CI95% 1.324-10.329) and histories of infectious diseases (OR = 11.02; CI95% 2.388-50.909) were risk factors of stunting ($p < 0.05$). Low birth weight, goitrogenic consumption, iodine content of salt (rapid and titrimetric test), and iodine content of urine were not risk factors of stunting. Furthermore, there was a difference between the average of protein and Fe intake of stunted children and that of normal children ($p < 0.05$). Meanwhile, the multivariate analysis performing by controlling goitrogenic consumption implied that body height of mother and histories of infectious diseases were risk factors of stunting.

Conclusion: Body height of mother and history of infectious diseases were risk factors of stunting on primary school children in endemic areas of Timor Tengah Utara suffering from iodine deficiency disorders. There was a significant difference between protein and Fe intake of stunted children and that of normal children. Goitrogenic consumption, iodine content of salt analyzed by conducting rapid and titrimetric tests, and iodine content of urine were not risk factors of stunting.

Keywords: Stunting, risk factors, IDD, primary school children