

## INTISARI

### KEJADIAN *STUNTING* DAN FAKTOR ASUPAN MIKRONUTRIEN PADA REMAJA PUTRI PONDOK PESANTREN DI YOGYAKARTA

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**LATAR BELAKANG:** *Stunting* merupakan gangguan pertumbuhan linier yang ditunjukkan dengan *z-score* tinggi badan menurut umur (TB/U) kurang dari -2 SD. Prevalensi *stunting* di Indonesia tahun 2013 pada remaja usia 13-15 tahun mencapai 35,1% dan usia 16-18 tahun sebesar 31,4%. Hal tersebut menunjukkan kejadian *stunting* pada remaja yang masih cukup tinggi. Pertumbuhan pada masa remaja menuntut kebutuhan nutrisi yang tinggi agar tercapai pertumbuhan optimal. Maka, penelitian ini dilakukan untuk mengetahui pengaruh faktor asupan mikronutrien terhadap kejadian *stunting*.

**TUJUAN:** Penelitian ini bertujuan untuk mengetahui kejadian *stunting*, perbedaan rata-rata asupan mikronutrien (vitamin A, vitamin C, zat besi, kalsium, zink) pada remaja yang *stunting* dengan yang tidak *stunting*, serta hubungan asupan mikronutrien terhadap kejadian *stunting* pada remaja putri Pondok Pesantren di Yogyakarta.

**METODE:** Penelitian ini menggunakan metode deskriptif kuantitatif dan desain *cross sectional*, dengan data sekunder. Subjek penelitian adalah remaja putri pondok pesantren dengan rentang usia 14-19 tahun. Asupan mikronutrien dinilai dengan formulir *Food Record* dan *Food Frequency Questionnaire* sedangkan status gizi dinilai dengan *z-score* tinggi badan menurut umur (TB/U). Perbedaan rata-rata asupan mikronutrien diuji menggunakan *independent-T test*, sedangkan hubungan asupan mikronutrien dengan kejadian *stunting* diuji menggunakan *Chi-square* dan *Fisher exact*. Uji korelasi *Pearson* juga dilakukan pada variabel numerik.

**HASIL:** Terdapat 24 remaja putri (29,87%) yang mengalami *stunting*. Rata-rata asupan vitamin A, vitamin C, zat besi, kalsium, zink masing-masing mencukupi 90%, 51%, 28%, 20%, 36% AKG. Hasil analisis statistik perbedaan rata-rata asupan mikronutrien pada remaja yang *stunting* dengan yang tidak *stunting* diperoleh  $p > 0,05$  dan hubungan asupan mikronutrien dengan kejadian *stunting* diperoleh  $p > 0,05$ .

**SIMPULAN:** Kejadian *stunting* pada remaja putri Pondok Pesantren di Yogyakarta sebesar 29,87%. Tidak ada perbedaan rata-rata yang bermakna antara remaja yang *stunting* dengan yang tidak *stunting* dan tidak ada hubungan yang signifikan antara asupan mikronutrien dengan kejadian *stunting*.

**KATA KUNCI:** Asupan mikronutrien (vitamin A, vitamin C, zat besi, kalsium, zink), *Stunting*, Remaja.

## ABSTRACT

### THE OCCURRENCE OF STUNTING AND MICRONUTRIENT INTAKE FACTOR IN ADOLESCENT GIRLS OF ISLAMIC BOARDING SCHOOL IN YOGYAKARTA

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**BACKGROUND:** Stunting is a linear growth disorder which is indicated by z-score of height to age less than  $-2$  SD. Stunting prevalence in Indonesia 2013 in adolescent age 13-15 years old reach 35,1% and age 16-18 years old reach 31,4%. This shows the occurrence of stunting in adolescents is still quite high. Adolescent growth requires adequate nutrition in order to achieve optimal growth. This study was conducted to determine the effect of micronutrient intake factors on the occurrence of stunting.

**OBJECTIVE:** To identify the occurrence of stunting among adolescent girls of Islamic boarding school in Yogyakarta, differences in average of micronutrient intake (vitamin A, vitamin C, iron, calcium, zinc) in adolescents who were stunting and not stunting, and the relationship of micronutrient intake to the occurrence of stunting in adolescent girls of Islamic boarding school in Yogyakarta.

**METHODS:** This research used a cross-sectional design and quantitative descriptive method, with secondary data. The subjects were adolescent girls from Islamic boarding school in Yogyakarta aged 14-19 years old. Secondary data in the form of Food Record and Food Frequency Questionnaires were used to describe micronutrient intake while anthropometric data was used to describe the nutritional status. The difference in the average intake of micronutrients was tested using independent T-test while the relationship of micronutrients intake with the occurrence of stunting was tested using Chi-square and Fisher's exact. Pearson was also used in numeric variables.

**RESULTS:** There were 24 adolescent girls (29,87%) that is stunting. The average of micronutrients intake of vitamin A, vitamin C, iron, calcium, zink were 90%, 51%, 28%, 20%, 36% AKG respectively. The result of the statistical analysis of average of micronutrients intake (vitamin A, vitamin C, iron, calcium, zinc) intake in adolescent whether they were stunting or not was  $p > 0,05$  and correlation between micronutrient with the occurrence of stunting was  $p > 0,05$ .

**CONCLUSION:** The occurrence of stunting in adolescent girls in Islamic boarding schools in Yogyakarta is 29,87%. There is no significant difference in average of micronutrients intake and there is no significant relationship between micronutrient intake and the occurrence of stunting

**KEYWORDS:** Micronutrient intake (vitamin A, vitamin C, iron, calcium, zinc), Stunting, Adolescent.