

Daya Terima dan Pengaruh Pemberian Makanan Tabur Furikake Ulvamina terhadap Tingkat Asupan Energi dan Protein pada Anak Stunting Usia 9-20 Bulan

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INTISARI

Latar Belakang: Stunting merupakan masalah gizi kronis dan merupakan permasalahan gizi nasional. Bayi dan balita berada pada fase dimana terjadi pertumbuhan secara cepat sehingga perlu dilakukan tumbuh kejar pada anak stunting. *Furikake Ulvamina* merupakan makanan tambahan berbentuk tabur (*sprinkle*) yang berbasis bahan pangan lokal, yaitu alga hijau (*Ulva sp.*) dan ikan tuna (*Thunnini*). Kedua pangan tersebut memiliki nilai protein yang tinggi dan diharapkan dapat melengkapi asupan mendukung pertumbuhan anak stunting.

Tujuan: Mengetahui daya terima dan pengaruh pemberian makanan tabur *Furikake Ulvamina* terhadap tingkat asupan energi dan protein anak stunting pada usia 9-20 bulan.

Metode Penelitian: Penelitian ini merupakan penelitian kuasi eksperimental dengan desain *pre-posttest with control group design*. Kedua kelompok diberikan edukasi/konseling gizi dan untuk kelompok perlakuan juga diberikan *Furikake Ulvamina* yang dikonsumsi setiap hari selama 12 minggu. Daya terima diukur menggunakan metode *Comstock* skala 7 dan dianalisis secara deskriptif. Asupan diukur menggunakan metode *recall 2x24 jam*.

Hasil: Rata-rata daya terima *Furikake Ulvamina* pada minggu pertama termasuk dalam kategori rendah (38,8%), kategori sedang (63,97%) pada minggu kelima, dan kembali menjadi kategori rendah (43,94%) pada minggu kesembilan. Untuk tingkat asupan energi terjadi perubahan signifikan antara sebelum dan sesudah intervensi kelompok kontrol ($p=0,027$) sedangkan pada kelompok intervensi tidak terjadi perubahan signifikan ($p=0,733$). Pada kelompok kontrol maupun perlakuan, tidak terjadi perubahan tingkat asupan protein secara signifikan ($p=0,088$ dan $p=0,955$). Tidak ada pengaruh pemberian makanan tambahan *Furikake Ulvamina* terhadap tingkat asupan energi ($p=0,419$) dan protein ($p=0,724$).

Kesimpulan: Daya terima *Furikake Ulvamina* termasuk dalam kategori rendah dan tidak terdapat pengaruh pemberian makanan tambahan *Furikake Ulvamina* terhadap tingkat asupan energi dan protein anak stunting usia 9-20 bulan.

Kata Kunci: stunting, baduta, makanan tambahan, daya terima, tingkat asupan

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Acceptability and Effect of Sprinkle Food Furikake Ulvamina on Energy and Protein Intake Level in 9-20 Months Stunted Children

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ABSTRACT

Background: Stunted is a chronic nutritional problem and also national nutritional-related health problem. Infant and toddler are on the growth spurt phase where they grow faster so catch-up growth is needed. *Furikake Ulvamina* is a supplementary food based on local food which consist of green algae (*Ulva sp.*) and tuna (*Thunnini*). Both ingredients are high in protein and is expected to complete the stunted children food intake and growth.

Purposes: To know the acceptability of *Furikake Ulvamina* and its effect on energy and protein intake level in 9-20 months stunted children.

Methods: This research is a quasi-experimental research with pre-posttest with control group designed. Two groups were given nutritional education along with counseling, and the intervention group got the *Furikake Ulvamina* supplementation for twelve weeks. Children acceptance was measured using 7 scaled Comstock method and analyzed descriptively. Food intake was measured using recall 2x24 hours method.

Results: The average of acceptability was categorized as low (38,8%) in the first week, moderate (63,97%) in the fifth week, and low (43,94%) in the ninth week. For energy intake level there was a significant difference between before and after in control group ($p=0,027$) but there was no significant difference in the intervention group ($p=0,733$). In both groups, there was also no significant difference between before and after on protein intake level ($p=0,088$ dan $p=0,955$). *Furikake Ulvamina* supplementary had no significant effect either energy or protein intake level ($p=0,724$).

Conclusion: *Furikake Ulvamina* acceptability was categorized low and there was no significant result on energy and protein intake level in 9-20 months stunted children.

Keywords: stunted, infant, toddler, food supplementary, acceptability, intake level

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