

## INTISARI

### Pengaruh Pemberian Makanan Tabur *Furikake Ulvamina* Terhadap Perubahan Z-score BB/PB Anak *Stunting* Usia 9-20 Bulan

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**Latar belakang:** *Stunting* merupakan kondisi retardasi pertumbuhan anak yang menyebabkan adanya penurunan kurva status gizi berdasarkan PB/U maupun BB/PB. Asupan makan yang mencukupi dapat mengejar pertumbuhan anak *stunting*. Penelitian ini bertujuan untuk melihat pengaruh pemberian *Furikake Ulvamina* yang tinggi kandungan protein, zat besi, dan zink terhadap perubahan indikator status gizi anak *stunting* terutama z-score BB/PB.

**Metode:** Penelitian kuasi-eksperimental, *pre-post with control group design* dilakukan pada subjek anak *stunting* usia 9-20 bulan di Kabupaten Bantul. Sebanyak 24 subjek dibagi menjadi dua, kelompok perlakuan yang diberikan *Furikake Ulvamina* sebanyak 5 gr perhari dan mendapatkan konseling gizi serta kelompok kontrol yang hanya mendapatkan konseling gizi. Penelitian dilakukan selama 12 minggu. Pertumbuhan berat badan dan panjang badan subjek diukur sebelum dan sesudah pemberian intervensi.

**Hasil:** Analisis dilakukan pada 24 subjek pada dua kelompok, yaitu subjek yang diberi *Furikake Ulvamina* dan konseling gizi (n=12) dan subjek yang hanya mendapat konseling gizi (n=12). Perbedaan rata-rata z-score BB/PB pada kelompok perlakuan berubah signifikan dari  $-1,08 \pm 0,79$  menjadi  $-1,73 \pm 0,74$  ( $p=0,012$ ) sedangkan pada kelompok kontrol tidak terjadi perubahan yang signifikan dari  $-1,42 \pm 0,98$  menjadi  $-1,59 \pm 1,09$  ( $p=0,434$ ). Tidak terdapat perbedaan perubahan z-score antara kelompok perlakuan dan kontrol yang signifikan ( $p=0,131$ ).

**Kesimpulan:** Pemberian *Furikake Ulvamina* tidak berpengaruh terhadap perubahan z-score BB/PB anak *stunting* usia 9-20 bulan, tidak ditemukan perbedaan perubahan z-score BB/PB yang bermakna antara kelompok perlakuan dan kontrol.

**Kata kunci:** *Furikake Ulvamina*, pertumbuhan, z-score BB/PB, *stunting*

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## ABSTRACT

### ***The Effect of Furikake Ulvamina on Weight-for-length z-score (WLZ) changes of stunted children aged 9-20 months***

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**Background:** *Stunting is growth retardation condition leads to a decrease in children nutritional status curve of length-for-age (LAZ) and weight-for-height (WHZ). Adequate food intake is needed to catch the growth up. This study aimed to analyze weight-for-length z-score (WLZ) changes of stunted children aged 9-20 months.*

**Method:** *This quasi-experimental research with pre-post and control group design was conducted on subjects of stunted aged 9-20 months in Bantul Regency. 24 subjects were divided into two groups, the treatment group was given 5 grams Furikake Ulvamina per day and received nutritional counseling while the control group only received nutritional counseling for 12 weeks intervention. Growth in body weight and length were measured before and after the administration of the intervention.*

**Results:** *The final analysis was conducted on 24 subjects in two groups, subjects in treatment group (n=12) and control group (n=12). WLZ of treatment group changed significantly from  $-1.08 \pm 0.79$  to  $-1.73 \pm 0.74$  ( $p=0.012$ ), while in the control group there was no significant change of WLZ from  $-1.42 \pm 0.98$  to  $-1.59 \pm 1.09$  ( $p=0.434$ ). There was no difference in WLZ change between the treatment and control groups ( $p=0.131$ ).*

**Conclusion:** *Furikake Ulvamina has no effect on WLZ changes of stunted children aged 9-20 months and there was no significant differences in WLZ changes between the treatment and control groups.*

**Keywords:** *Furikake Ulvamina, growth, weight-for-length z-score (WLZ), stunting*

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