

INTISARI

Latar Belakang : Kurangnya asupan energi pada saat hamil akan menyebabkan kekurangan energi kronis atau KEK. Rendahnya konsumsi gizi pada ibu hamil berpengaruh terhadap pertumbuhan dan perkembangan janin. Dalam rangka peningkatan status gizi ibu hamil serta upaya dalam memutus rantai *stunting*, Dinas Kabupaten Sleman melalui inovasi *Pecah Ranting* (Pencegahan pada Rawan Stunting) mengadakan Program Pemberian Makanan Tambahan (PMT) berupa telur fungsional kepada Ibu Hamil KEK yang tersebar di wilayah Kabupaten Sleman.

Tujuan : Mengetahui pengaruh pemberian telur fungsional pada perubahan status gizi, jumlah dan jenis asupan protein, serta bayi yang dilahirkan pada ibu hamil KEK di wilayah Kabupaten Sleman.

Metode : Penelitian analitik dengan desain *cross sectional* yang dilihat secara *retrospektif*. Untuk menunjang data penelitian, dilakukan wawancara mendalam (*in deep interview*) kepada informan utama dan pendukung penelitian.

Hasil : Hasil analisis bivariat diketahui bahwa konsumsi telur fungsional tidak berhubungan secara statistik dengan status gizi, berat dan panjang badan anak tetapi berhubungan secara diskriptif. Konsumsi telur fungsional berhubungan dengan peningkatan asupan energi dan protein dengan nilai p 0,005 dan 0,011 ($p < 0,05$).

Kesimpulan : Adanya peningkatan berat badan, LILA serta status gizi ibu hamil KEK menjadi NON KEK sehingga menurunkan kelahiran BBLR dan PBLR. Telur fungsional belum dimanfaatkan sebagai makanan tambahan saja, tetapi justru menjadi asupan protein utama ibu. Diperlukan peningkatan komitmen antar penyelenggara, pelaksana dan sasaran dalam melaksanakan program untuk memutus rantai *stunting*.

Kata Kunci : KEK, Program Pemberian Makanan Tambahan Telur Fungsional, *stunting*

ABSTRACT

Background: Lack of energy intake during pregnancy will cause chronic energy deficiency or CED. In order to improve the nutritional status of pregnant women and efforts to break the stunting chain, the Sleman Regency Office through the innovation of Pecah Ranting (Prevention of Stunting) held a Supplementary Feeding Program of functional eggs to CED Pregnant Women in Sleman Regency.

Objective: To determine the effect of functional egg administration on changes in nutritional status, protein intake, and babies born.

Methods: A study analytical with cross sectional design that was seen retrospectively. To support research data, in-depth interviews were conducted with key informants and research supporters.

Results: Analysis found that consumption of functional eggs was not statistically related to nutritional status, weight and length of the child's body but was related descriptively. Functional egg consumption is associated with an increase in energy and protein intake with p values 0.005 and 0, 011 ($p < 0.05$).

Conclusion: There was an increase in body weight, MUAC and nutritional status of CED pregnant women became NON CED, there by reducing the birth of LBW and LBL. Functional eggs have not been used as additional food, but instead become the main protein intake of the mother. There is a need to increase commitment among organizers, implementers and targets in implementing programs to break the stunting chain.

Keywords: CED, Functional Egg Supplementary Feeding Program, Stunting