

INTISARI

Latar Belakang: Indonesia merupakan salah satu negara berkembang yang masih menghadapi permasalahan serius mengenai *stunting*. Penyebab *stunting* sangat kompleks, salah satu penyebab utamanya adalah asupan protein yang memiliki efek terhadap level plasma insulin *growth factor* I (IGF-I), protein matriks tulang dan faktor pertumbuhan, serta kalsium dan fosfor yang berperan penting dalam formasi tulang. Salah satu provinsi yang memiliki prevalensi *stunting* diatas prevalensi Nasional adalah Provinsi Kalimantan Barat. Kota Pontianak merupakan ibu kota Provinsi Kalimantan Barat yang masih menghadapi permasalahan serius mengenai *stunting* dan memiliki tingkat ketahanan pangan yang rendah.

Tujuan: Menganalisis asupan protein, kalsium, dan fosfor pada anak *stunting* dan tidak *stunting* usia 24-59 bulan di Kota Pontianak.

Metode penelitian: Jenis penelitian adalah observasional analitik dengan rancangan *cross sectional*. Sampel penelitian adalah anak balita berusia 24-59 bulan di Kecamatan Pontianak Timur dan Pontianak Utara, Kalimantan Barat sebanyak 90 anak yang dipilih menggunakan teknik *simple random sampling*. Penelitian dilakukan pada bulan Juli-Agustus 2015.

Hasil Penelitian: Distribusi asupan makan sumber protein hewani seperti daging ayam, telur, ikan dan susu lebih rendah pada anak *stunting* dibandingkan anak tidak *stunting*, masing-masing dengan selisih 3 gram; 4 gram; 2 gram; 47 gram. Asupan protein, kalsium dan fosfor signifikan lebih rendah pada anak *stunting* dibandingkan anak tidak *stunting* ($p < 0,05$). Prevalensi *stunting* pada kelompok asupan protein rendah, lebih besar 1,87 kali dibandingkan kelompok asupan protein cukup. Begitu pula asupan kalsium dan fosfor, prevalensi *stunting* pada kelompok asupan kalsium rendah, lebih besar 3,625 kali daripada kelompok asupan kalsium cukup, dan prevalensi *stunting* pada kelompok asupan fosfor rendah, lebih besar 2,29 kali dibandingkan kelompok asupan fosfor cukup.

Kesimpulan: Asupan protein, kalsium, dan fosfor signifikan lebih rendah pada anak *stunting* dibandingkan pada anak tidak *stunting* usia 24-59 bulan di Kota Pontianak.

Kata Kunci: Protein, kalsium, fosfor, balita, *stunting*.

ABSTRACT

Background: Indonesia is one of developing country which still facing a serious problem concerning stunting. Causes of stunting is a complex things, one of the cause is protein intake which is have effect on the level plasma insulin growth factor I (IGF-I), protein bone matrix and growth factor, also calcium and phosphorus that has an important role in bone formation. One of the province in Indonesia which has stunting prevalence above level of National prevalence is West Borneo. Pontianak as the capital city of West Borneo is still facing serious problem concerning stunting and the low level of food security.

Objective: To analyze protein, calcium and phosphorus intake of stunting and non stunting children aged 24-49 months in Pontianak.

Method: The study was an analytical observational with cross sectional design. Samples of the study were children aged 24-59 months in the districts of East Pontianak and North Pontianak, West Borneo, as much as 90 samples have been chosen by using simple random sampling technique. The research was conducted from July - August 2015. Statistical analysis was performed by using chi square and t-test.

Results: Protein, calcium and phosphorus intake are lower in stunting children compare to non stunting children ($p < 0,05$). Stunting prevalence of lower protein group is higher 1,87 times than adequate protein intake group. Stunting prevalence of low calcium intake group is higher 3,625 times than adequate calcium intake group. Moreover, the stunting prevalence of low phosphor intake group is higher 2,29 times than adequate phosphor intake group.

Conclusion: Protein, calcium and phosphor intake significant lower to the stunting compare to non stunting children aged 24- 59 months in Pontianak.

Key words: Protein, calcium, phosphorus, children, stunting.