

## HUBUNGAN ANTARA ASUPAN PROTEIN DARI *SEAFOOD*, TINGGI BADAN ORANG TUA DAN PENYAKIT INFEKSI DENGAN *STUNTING* PADA ANAK USIA 2 – 5 TAHUN SUKU BAJAU DI SULAWESI TENGGARA

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### ABSTRAK

**Latar Belakang:** Masalah gizi yang berdampak buruk dalam menciptakan sumber daya manusia yang berkualitas sesuai potensi genetiknya adalah *stunting*. Hasil Riskesdas 2013 menyatakan prevalensi *stunting* di Sulawesi Tenggara diatas 40% melebihi prevalensi *stunting* nasional yaitu 37,2%. Disisi lain, Sulawesi Tenggara kaya dengan ikan laut sehingga konsumsi ikan masyarakatnya tahun 2010 sebesar 42,71 kg/kap/tahun lebih tinggi dari konsumsi ikan secara nasional yaitu 30,48kg/kap/tahun. Suku Bajau merupakan suku di Sulawesi Tenggara yang konsumtif terhadap ikan laut yaitu 200-400 gram/hari. Saat ini, penilaian status *stunting* anak balita pada Suku Bajau di Desa Bungin Permai dan Desa Torokeku belum tersedia karena Puskesmas Tinanggea menilai status gizi anak balita berdasarkan Indeks Berat Badan Terhadap Umur (BB/U).

**Tujuan Penelitian:** Mengetahui prevalensi *stunting* pada anak balita Suku Bajau yang disertai analisis secara statistik untuk menentukan faktor-faktor penyebab yang paling dominan berpengaruh diantara variabel penelitian terhadap terjadinya *stunting* pada anak balita Suku Bajau umur 2-5 tahun.

**Metode Penelitian:** Penelitian ini merupakan jenis penelitian observasional dengan rancangan *cross sectional study* yang dilakukan di Desa Bungin Permai dan Desa Torokeku Kabupaten Konawe Selatan Propinsi Sulawesi Tenggara. Sampel ditentukan dengan metode *total sampling* yang memenuhi kriteria inklusi dan eksklusi dengan jumlah sampel sebanyak 154 orang. Analisis data bivariat menggunakan uji *Chi\_square* dan regresi logistik berganda untuk menentukan variabel independen yang paling dominan berpengaruh terhadap terjadinya *stunting* pada anak balita Suku Bajau umur 2-5 tahun.

**Hasil Penelitian :** Prevalensi *stunting* pada Suku Bajau tinggi yaitu 53,9% pada anak balita umur 2-5 tahun, sebesar 50% pada ibu dan 51,3% pada ayah. Kontra produktif dengan rata – rata konsumsi ikan anak balita Suku Bajau umur 2-5 tahun yang tergolong tinggi mencapai 81,9 gram/hari. Hasil *food recall* 2 x 24 jam menunjukkan rata-rata asupan energi anak balita tergolong rendah yaitu 65,2% AKG/hari, asupan protein sebesar 93,3% AKG/hari tergolong cukup, asupan Iodium ( $I_2$ ) sebesar 80,7% AKG/hari termasuk cukup dan asupan *zink* (Zn), zat besi (Fe) dan vitamin A tergolong kurang yaitu < 80% AKG/hari. Kehadiran anak balita di posyandu sebesar 91,6% tergolong rendah atau < 80%. Sebagian besar yaitu 64,3% jarak kelahiran anak balita Suku Bajau < 36 bulan. Tinggi badan ibu, asupan energi, protein dan iodium ( $I_2$ ) secara signifikan ( $p < 0,05$ ) berhubungan dengan kejadian *stunting* tetapi tinggi badan ayah, asupan *zink* (Zn), zat besi (Fe), vitamin A, kehadiran di posyandu, jarak kelahiran dan penyakit infeksi hubungannya tidak bermakna ( $p > 0,05$ ) dengan kejadian *stunting* pada anak balita suku Bajau umur 2 – 5 tahun.

**Kesimpulan :** Tinggi badan ibu, asupan energi, protein serta asupan Iodium ( $I_2$ ) merupakan faktor-faktor yang paling dominan mempengaruhi terjadinya *stunting* pada anak balita Suku Bajau umur 2-5 tahun di Sulawesi Tenggara.

**Kata Kunci:** *Stunting*, tinggi badan orang tua, *seafood*, Suku Bajau

## ASSOCIATION BETWEEN PROTEIN INTAKE FROM SEAFOOD, HEIGHT OF PARENTS AND INFECTIOUS DISEASE AND STUNTING IN 2 – 5 YEARS-OLD CHILDREN OF BAJAU TRIBE IN SOUTHEAST SULAWESI

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### ABSTRACT

**Background:** Nutritional problem which has negative impacts on the creation high quality human resources consistent with the genetic potentials is stunting. The result of Basic Health Research 2013 stated that stunting prevalence in Southeast Sulawesi was over 40%, higher than the national stunting prevalence, which was 37,2%. On the other hand, Southeast Sulawesi is rich with seafood so that the seafood consumption of the population in 2010 is 42,71 kg/cap/year, higher than national seafood consumption, which is 30,48kg/cap/year. Bajau Tribe is a tribe in Southeast Sulawesi which consumes 200 - 400 grams of seafood per day. Currently, assessment of stunting status of children in Bajau Tribe in Bungin Permai Village and Torokeku Village isn't available because Tinanggea Public Health Center assesses the nutritional status of children based on Weight for Age (BB/U) Index.

**Objectives:** To determine stunting prevalence in children of Bajau Tribe along with statistical analyses to determine dominant causing factors of research variables on stunting incidences in 2-5 years-old children of Bajau tribe.

**Method:** This study is an observational study with cross sectional study design performed in Bungin Permai Village and Torokeku Village, South Konawe Regency, Southeast Sulawesi Province. Sampling used total sampling method using inclusion and exclusion criteria, collecting 154 samples. Bivariate data analysis used *Chi\_square* test and multiple logistic regression to determine the most dominant independent variables on stunting incidences in 2-5 years-old children of Bajau tribe.

**Result:** Stunting prevalence in Bajau Tribe was high, i.e. 53,9% in 2-5 years-old children, 50% in mothers and 51,3% in fathers. It's counterproductive with average consumption of seafood of 2-5 years-old children of Bajau tribe, which was high, reaching 81,9 gram/day. The result of 2 x 24 hours food recall showed that average energy intake of children was low, 65,2% AKG/day, protein intake was 93,3% AKG/day was adequate, Iodine ( $I_2$ ) intake was 80,7% AKG/day was adequate and zinc (Zn), iron (Fe) and vitamin A intakes were low < 80% AKG/day. The attendance of children in neighborhood health centers was 91,6% which was low or < 80%. Most birth spacing of children of Bajau Tribe was < 36 months (64,3%). Height of Mother, energy intake, protein and iodine ( $I_2$ ) were significantly ( $p < 0,05$ ) related with stunting incidences but height of father, zinc (Zn), iron (Fe), vitamin A intakes, attendance in neighborhood health centers, birth spacing and infectious disease had insignificant relation ( $p > 0,05$ ) with stunting incidences in 2-5 years-old children of Bajau tribe.

**Conclusion:** Height of Mother, energy intake, protein intake and iodine intake ( $I_2$ ) were the most dominant factors in influencing stunting incidences in 2-5 years-old children of Bajau tribe in Southeast Sulawesi.

**Keywords:** Stunting, height of parents, seafood, Bajau Tribe