

## ABSTRAK

### PENGARUH KONSUMSI PROTEIN HEWANI TERHADAP TINGGI BADAN ANAK STUNTING DI WILAYAH KERJA PUSKESMAS KARANGAN KABUPATEN TRENGGALEK

Ayu Meida Sinta Devi, Yenny Puspitasari  
Universitas STRADA Indonesia  
Email : [ayumeida005@gmail.com](mailto:ayumeida005@gmail.com)

Stunting merupakan masalah kurang gizi kronis yang disebabkan oleh asupan gizi yang kurang dalam waktu cukup lama akibat pemberian makanan yang tidak sesuai dengan kebutuhan gizi. Kekurangan gizi pada usia dini meningkatkan angka kematian bayi dan anak, menyebabkan penderitanya mudah sakit dan memiliki postur tidak maksimal saat dewasa. Anak balita dengan gizi kurang memiliki asupan protein hewani lebih rendah dibandingkan anak balita dengan gizi baik. Penelitian ini bertujuan untuk mengetahui pengaruh konsumsi protein hewani terhadap tinggi badan anak stunting di wilayah kerja Puskesmas Karangan Kabupaten Trenggalek. Desain penelitian ini menggunakan deskriptif korelatif dengan pendekatan *cross sectional*. Jumlah sampel dalam penelitian ini sebanyak 51 responden dengan teknik pengambilan teknik random sampling. Instrumen penelitian menggunakan kuesioner. Variable independen yaitu konsumsi protein hewani. Variable dependen yaitu tinggi badan anak stunting. Analisa bivariate menggunakan uji regresi logistik. Hasil menunjukkan dari total 51 responden yang memiliki konsumsi protein hewani kurang yaitu sebanyak 19 responden (37,3%). Responden yang memiliki tinggi badan stunting yaitu sebanyak 23 responden (45,1%). Hasil uji regresi logistic menunjukkan konsumsi protein hewani dengan nilai *p value* 0,000 ( $< 0,05$ ) artinya ada pengaruh konsumsi protein hewani terhadap tinggi badan anak stunting di Wilayah Kerja Puskesmas Karangan Kabupaten Trenggalek. Dalam penelitian ini konsumsi protein hewani merupakan faktor paling dominan berpengaruh terhadap tinggi badan anak stunting. Semakin cukup konsumsi protein hewani yang dikonsumsi maka secara tidak langsung dapat mencegah kejadian stunting.

**Kata Kunci : Protein Hewani, Tinggi Badan, Stunting**

## **ABSTRACT**

### ***THE EFFECT OF ANIMAL PROTEIN CONSUMPTION ON THE HEIGHT OF STUNTING CHILDREN IN THE WORKING AREA OF KARANGAN COMMUNITY HEALTH CENTER, TRENGGALEK DISTRICT***

Ayu Meida Sinta Devi, Yenny Puspitasari  
Universitas STRADA Indonesia  
Email : [ayumeida005@gmail.com](mailto:ayumeida005@gmail.com)

*Stunting is a chronic malnutrition problem caused by insufficient nutritional intake for a long time due to the provision of food that does not meet nutritional needs. Malnutrition at an early age increases infant and child mortality rates, causes sufferers to get sick easily and have less than optimal posture as adults. Toddlers with malnutrition have lower animal protein intake than toddlers with good nutrition. This study aims to determine the effect of animal protein consumption on the height of stunted children in the Karangan Health Center work area, Trenggalek Regency. The design of this study used descriptive correlation with a cross-sectional approach. The number of samples in this study was 51 respondents with a random sampling technique. The research instrument used a questionnaire. The independent variable is animal protein consumption. The dependent variable is the height of stunted children. Bivariate analysis used a logistic regression test. The results showed that out of a total of 51 respondents who had insufficient animal protein consumption, there were 19 respondents (37.3%). Respondents who had stunted height were 23 respondents (45.1%). The results of the logistic regression test showed that animal protein consumption with a p value of 0.000 (0,05) means that there is an effect of animal protein consumption on the height of stunted children in the Karangan Health Center Work Area, Trenggalek Regency. In this study, animal protein consumption is the most dominant factor influencing the height of stunted children. The more sufficient animal protein consumption is consumed, the more it can indirectly prevent stunting.*

**Keywords:** *Animal Protein, Height, Stunting*