

GAMBARAN MP-ASI BALITA *STUNTING* DI DESA TEGALREJO KECAMATAN GEDANGSARI KABUPATEN GUNUNGKIDUL YOGYAKARTA

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INTISARI

Latar Belakang: *Stunting* adalah masalah kurang gizi kronis yang disebabkan oleh asupan gizi yang kurang dalam waktu cukup lama akibat pemberian makanan yang tidak sesuai dengan kebutuhan gizi. Menurut MCA-Indonesia (2009) Indonesia menduduki peringkat ke lima dunia untuk jumlah anak dengan kondisi *stunting*, dan prevalensi lebih tinggi dibandingkan dengan negara-negara Asia Tenggara lainnya. WHO (2006) memperkirakan penyebab langsung kematian bayi dan anak yaitu 60% disebabkan keadaan gizi yang jelek. *Stunting* sangat erat kaitannya dengan pola pemberian makanan terutama pada 2 tahun pertama kehidupan, yaitu MP-ASI.

Tujuan Penelitian: Diketuinya gambaran pemberian MP-ASI balita *stunting* di Desa Tegalrejo Kecamatan Gedangsari Kabupaten Gunungkidul Yogyakarta.

Metode Penelitian: Rancangan penelitian ini menggunakan deskriptif kuantitatif. Jumlah sampel yang digunakan sebanyak 56 responden yaitu ibu balita *stunting* di Desa Tegalrejo, Gedangsari. Penelitian ini menggunakan analisis univariat.

Hasil Penelitian: sebagian besar balita mengalami *stunting* 64,3% dengan jenis kelamin perempuan (55,4%) dan berusia >1-3tahun (53,6%) yang mempunyai riwayat panjang badan lahir pendek (53,6%). Orang tua balita *stunting* mayoritas berpendidikan SMP (42,9%) pada ibu, jumlah pendidikan terakhir ayah sama antara SD dan SMA (33,9%) dengan mata pencaharian sebagai buruh pada ayah (71,4%) dan ibu sebagai IRT (46,4%). Diberikan MP-ASI tepat usia (73,2%), dan frekuensi pemberian baik (69,6%) dengan kuantitas makanan yang diberikan defisit (42,9%), dan kualitasnya kurang (55,6%).

Kesimpulan: Kejadian balita *stunting* di Desa Tegalrejo, Gedangsari terjadi karena kuantitas dan kualitas MP-ASI yang diberikan tidak sesuai.

Kata Kunci: *Balita, Stunting, MP-ASI*

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THE DESCRIPTION OF COMPLEMENTARY-FEED UNDER-FIVE STUNTING CHILDREN IN TEGALREJO GEDANGSARI GUNUNGKIDUL YOGYAKARTA

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ABSTRACT

Background of Study: Stunting is a chronic malnutrition problem caused by lack of nutrition that does not comply with the nutritional needs in a long time. According to MCA-Indonesia (2009) Indonesia got the fifth ranks in the world for the number of children in stunting condition, it was the higher prevalence than Southeast Asia countries. WHO (2006) estimated that 60% of infant and child mortality direct causes is due to poor nutritional status. Stunting is closely associated with complementary feeding in the first 2 years of life.

Objective of Study: This study aims to describe the complementary feeding on under five of age stunting children in Tegalrejo, Gedangsari, Gunung Kidul, Yogyakarta.

Research Methods: The study is quantitative descriptive. The samples were 56 mothers who have under-five age stunting children in Tegalrejo, Gedangsari. This study used univariate analysis.

Results: The number of under—five age stunting children in Tegalrejo village was 64.3%, with (55.4%) was female and (53.6%) was in in the age > 1-3 years old, and (53.6%) had a history of short birth body length. For the parents' education, (42.9%) mothers graduated in junior high school and (33.9%) fathers graduated in elementary and high school. In occupational category, (71.4%) fathers do as laborers and (46.4%) mothers do as housewife. In complementary feeding category, (73.2%) gave in appropriate age, (69.6%) had good feeding frequency with (42.9%) had deficit food quantity and (55.6%) had lack of food quality.

Conclusion: The incidence of under-five stunting children in Tegalrejo, Gedangsari were caused by inappropriate quantity and quality of complementary food.

Keywords: *Under-Five Children, Stunting, Complementary Food*

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