The correlation between Protein Intake, Zinc, Maternal Knowledge and Dietary Restrictions for Pregnant Women in Stunting Incidence in Panduman Village

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ABSTRACT

Stunting is a condition of toddlers who have a length or height that is less when compared to children their age. This condition is measured by a length or height that is minus two standard deviations below the WHO Child Growth Standards median. Mother's knowledge in maintaining the nutritional needs of children plays an important role. The existence of dietary restrictions and low food intake are one of the causes of lack of nutrient intake from the children's need. Protein intake and zinc is one of the nutrients needed to support the child growth and development. The purpose of this study is to analyze the relationship between protein intake, zinc, maternal knowledge and dietary restrictions for pregnant women on stunting incidence. This type of research is quantitative with a cross sectional research design. The number of samples in this study are 144 children under five using simple random sampling technique. The data collection in this study is using a food recall 1x24 hours twice, a maternal knowledge questionnaire, and an interview about dietary restrictions. Statistical analysis uses SPSS with Chi Square test. The results showed that the maternal knowledge ($p = 0.000$) means that there is a correlation between maternal knowledge and the incidence of stunting, dietary restrictions of pregnant women ($p = 0.907$) means that there is no correlation between dietary restrictions of pregnant women and the incidence of stunting, protein intake ($p = 0.000$) means that there is a correlation between protein intake and the incidence of stunting and zinc intake ($p = 0.001$) means that there is a correlation between zinc intake with the incidence of stunting.

Keywords: Dietary Restrictions For Pregnant Women, Maternal Knowledge, Protein Intake, Stunting Incidence and Zinc Intake.