

Perbedaan Asupan Vitamin C, Kalsium, Zat Besi, dan Seng Pada Balita Stunting dan Non-Stunting di Desa Panduman Kabupaten Jember (*The Differences in Intake of Vitamin C, Calcium, Iron, and Zinc on Stunted and Non-Stunting Toddlers in Panduman Village, Jember Regency*).

Alifia Shinta Erizky
Clinical Nutrition Study Program
Majoring in Health

ABSTRACT

Stunting is currently an unresolved nutritional problem in Indonesia, which can be proven by Indonesia's position, which is ranked 4th in the world in 2020. The prevalence of stunting in Indonesia in 2019 still reached 27.7%. Stunting is the problem of chronic undernutrition that occurs during the growth and development period. Low intake of nutrients is one of the most common causes of stunting. Vitamins and minerals are micronutrients that are needed by children during their growth and development period. There are 50% of Indonesian children who consume less iron, 80% consume less calcium, 60% consume less zinc, and 70% consume less vitamin C. The purpose of this study was to determine the differences in intake of vitamin c, calcium, iron, and zinc on stunted and non-stunting toddlers in Panduman Village, Jember Regency. This research is quantitative research with the type of analytic survey research and case control design with 66 stunting toddlers and 66 non-stunting toddlers. The number of subjects in this study amounted to 132 toddlers in Panduman Village, Jember Regency. The subject-taking technique used is a simple random sampling technique. Subjects were selected based on inclusion and exclusion criteria, then randomized using a lottery. The research instruments used were the SQ-FFQ form and informed consent, writing instruments, Indonesian food composition tables, and food pictures. The data obtained were processed using Nutrisurvey 2007 and SPSS. The results showed that there were differences in the intake of vitamin C (p-value = 0.000), calcium (p-value = 0.000), iron (p-value = 0.001), and zinc (p-value = 0.000) in stunted and non-stunting toddlers. in Panduman Village, Jember Regency.

Keywords: Stunting, Vitamin C, Calcium, Iron, Zinc