

Perbedaan Asupan Protein Hewani, Cuci Tangan Pakai Sabun (CTPS), dan Sumber Air Minum dengan Kejadian Balita *Stunting* dan *Non-Stunting*
(The Differences in Intake of Animal Protein, Handwashing with Soap, and Water Drinking Source on Stunting and Non-Stunting Toddlers)

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ABSTRACT

Toddlers can experience some obstacles to develop, one of which is stunting. Kebon Agung sub-district in Puskesmas Kaliwates is ranked third with the largest stunting with a prevalence of 22.14%. The direct factor of stunting is nutritional intake, one of which is animal protein. Animal protein has an amino acid composition, digestibility, and the ability to transport other important nutrients. Factors that do not directly cause stunting are cleanliness and water, one of which is washing hands with soap (CTPS) and drinking water source. Washing your hands with soap and running water can prevent diarrhea and worms. A decent source of drinking water can prevent the pathogenic microorganisms that can affect toddlers' health. This research aims to analyze the differences between animal protein intake, the practice of washing hands with soap (CTPS), and source of drinking water among stunted and non-stunted toddlers in Kebon Agung Village, Jember Regency. This research used analytical observational with a case-control design. The sampling technique was Probability Sampling with Simple Random Sampling which met the sample criteria of 34 stunted and 34 non-stunted toddlers. The number of respondents was 68 toddlers aged 24 – 60 months. The data collection method uses interviews using the SQ-FFQ form and checklist sheets. The results of the study showed that there is a difference in animal protein intake (p -value = 0.003) but there is no difference in CTPS (p -value = 0.314) and drinking water sources (p -value = 0.505) in stunting and non-stunting toddlers in Kebon Agung District Jember Regency.

Keywords: Stunting, Animal Protein, Handwashing with Soap, Drinking Water Source