

**PROGRAM STUDI ILMU KEPERAWATAN  
FAKULTAS ILMU KEPERAWATAN  
UNIVERSITAS ISLAM SULTAN AGUNG SEMARANG  
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**ABSTRAK**

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**GAMBARAN TINGKAT ASUPAN ENERGI, PROTEIN, DAN ZAT GIZI MIKRO (VITAMIN A, BESI, SENG) PADA ANAK STUNTING DI SEKOLAH DASAR NEGERI 01 DAN SEKOLAH DASAR 02 GUWOSOBOKERTO WELAHAN JEPARA**

85 halaman + 22 tabel + 2 skema + 13 lampiran + xv

**Latar Belakang:** *Stunting* yang terjadi pada anak usia sekolah merupakan manifestasi *stunting* pada saat balita. Perkembangan fisik pada anak usia sekolah ditentukan oleh asupan gizi sejak bayi. Perkembangan fisik pada anak membutuhkan asupan berupa energi, protein dan zat gizi mikro seperti vitamin A, zat besi (Fe) dan seng (Zn) serta zat mikro maupun mineral lainnya. Tujuan penelitian ini adalah mengetahui gambaran tingkat asupan energi, protein, dan zat gizi mikro (vitamin A, besi, seng) pada anak *stunting* di Sekolah Dasar Negeri 01 dan Sekolah Dasar Negeri 02 Guwosobokerto Welahan Jepara.

**Metode:** Penelitian ini adalah termasuk pada tipe penelitian deskriptif dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah seluruh anak *stunting* di SD Negeri 01 dan SD Negeri 02 Guwosobokerto Welahan. Teknik pengambilan sampel menggunakan *total sampling*.

**Hasil:** Berdasarkan hasil penelitian menunjukkan bahwa anak usia sekolah yang mengalami kondisi *stunting* sebanyak 36 orang dan terbanyak pada kategori pendek sebanyak 83,3%. Hasil food recall 24 jam selama 2 kali didapatkan asupan gizi anak *stunting* di SD Negeri 01 dan SD Negeri 02 memiliki asupan energi dengan kategori kurang sebanyak 50%, asupan protein dengan ketagori kurang sebanyak 13,9%, asupan vitamin A dengan kategori kurang sebanyak 80,6%, asupan zat besi dengan kategori kurang sebanyak 61,1%, dan asupan seng dengan kategori kurang sebanyak 100%.

**Simpulan:** Hasil penelitian ini didapatkan asupan energi, dan zat gizi mikro (vitamin A, besi, seng) pada anak *stunting* di SD Negeri 01 Guwosobokerto Welahan Jepara tergolong kurang, sedangkan pada asupan protein tergolong cukup dan lebih.

**Kata Kunci** : Asupan gizi, *Stunting*  
**Daftar Pustaka** : 100 (2000-2021)

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## ABSTRACT

Feby Saskiya Putri, Kurnia Wijayanti, Indra Tri Astuti

**DESCRIPTION OF ENERGI, PROTEIN AND MICRO NUTRITION LEVELS (VITAMIN A, IRON, SENG) IN STUNTING CHILDREN IN PUBLIC ELEMENTARY SCHOOL 01 AND ELEMENTARY SCHOOL 02 GUWOSOBOKERTO WELAHAN JEPARA**

85 pages + 22 tables + 2 skema + 13 appendices + xv

**Background:** Stunting that occurs in school-age children is a manifestation of stunting during toddlers. Physical development in school-age children is determined by nutritional intake from infancy. Physical development in children requires intake in the form of energi, protein and micronutrients such as vitamin A, iron (Fe) and zinc (Zn) as well as other micro and mineral substances. The purpose of this study was to describe the level of energi intake, protein, and micronutrients (vitamin A, iron, zinc) in stunted children at the 01 Public Elementary School and the 02 Guwosobokerto Public Elementary School, Jepara.

**Methods:** This research is a descriptive research type with a cross sectional approach. The population in this study were all stunting children in SD Negeri 01 and SD Negeri 02 Guwosobokerto Welahan. The sampling technique used total sampling.

**Results:** Based on the results of the study, there were 36 school-age children who experienced stunting and most were in the short category as many as 83.3%. The results of food recall 24 hours for 2 times obtained nutritional intake of stunting children in SD Negeri 01 and SD Negeri 02 have energi intake with less category as much as 50%, protein intake with ketagori less as much as 13.9%, vitamin A intake with less category as much as 80.6%, iron intake with less category as much as 61.1%, and zinc intake with less category as much as 100%.

**Conclusion:** The results of this study showed that energi intake and micronutrients (vitamin A, iron, zinc) in stunted children at SD Negeri 01 and SD Negeri 02 Guwosobokerto Welah Jepara were classified as low, while protein intake was classified as sufficient and more.

**Keywords** : Nutritional intake, stunting

**Bibliography** : 100 (2000-2021)