

ABSTRACT

THE DIFFERENCE OF ZINC LEVELS ON STUNTING AND NON STUNTING TODDLER IN GUNUNG SUGIH DISTRICT CENTRAL LAMPUNG

By

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Background: *Stunting is a condition of chronic malnutrition that causes the body's posture is not optimal and cognitive abilities decrease. The level of adequacy of zinc is one of the factors that influence the incidence of stunting. Zinc is needed to activate and begin the synthesis of Growth Hormone (GH) so that children with zinc deficiency cause GH receptors to be disrupted and GH production to be resistant. This study was conducted to determine the difference in mean zinc levels in stunting and non-stunting children in Gunung Sugih District, Central Lampung.*

Methods: *Analytic observational method with cross-sectional approach is used for this research. The sample of the research is 42 children aged 24-42 months with 18 stunting and 22 non stunting.*

Result: *The results of univariate analysis revealed that the average zinc level of toddler serum was 52.60 ug / dl with the largest value of 76 ug / dl and the lowest value was 24 ug / dl. The results of bivariate analysis showed that there were significant differences in the mean zinc levels of stunting and non-stunting children ($p = 0,002$).*

Conclusion: *The results showed a significant difference in the mean zinc levels of stunting and non-stunting children .*

Keywords : *toddler, serum zinc level, stunted*

ABSTRAK

PERBEDAAN KADAR ZINC PADA BALITA STUNTING DAN NON STUNTING DI KECAMATAN GUNUNG SUGIH KABUPATEN LAMPUNG TENGAH

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Latar Belakang: Stunting merupakan kondisi kekurangan gizi kronis yang menyebabkan postur tubuh tidak maksimal dan kemampuan kognitif berkurang. Tingkat kecukupan zinc merupakan salah satu faktor yang berpengaruh terhadap kejadian stunting. Zinc dibutuhkan untuk mengaktifkan dan memulai sintesis Growth Hormone (GH) sehingga pada anak yang mengalami defisiensi zinc menyebabkan reseptor GH terganggu dan produksi GH menjadi resisten. Penelitian ini dilakukan untuk mengetahui perbedaan rerata kadar zinc pada balita stunting dan non stunting di Kecamatan Gunung Sugih Kabupaten Lampung Tengah.

Metode: Metode analitik observasional dengan pendekatan cross sectional digunakan pada penelitian ini. Sampel penelitian sebanyak 40 balita usia 24-60 bulan dengan 18 balita stunting dan 22 balita non stunting.

Hasil: Hasil analisis univariat diketahui rata-rata kadar zinc serum balita sebesar 52,60 ug/dl dengan nilai terbesar 76 ug/dl dan nilai terendah 24 ug/dl. Hasil analisis bivariat didapatkan hasil bahwa terdapat perbedaan yang bermakna pada rerata kadar zinc balita stunting dan non stunting ($p = 0,002$).

Kesimpulan: Terdapat perbedaan rerata kadar zinc serum pada balita stunting dan non stunting

Kata Kunci : balita, kadar *zinc* serum, *stunting*