

## ABSTRAK

**Latar Belakang:** *Stunting* adalah balita dengan masalah gizi kronik, yang memiliki status gizi berdasarkan TB/U. Protein terbagi menjadi protein hewani dan nabati. Protein fungsi sebagai zat membangun tubuh, pengatur tubuh, menggantikan jaringan tubuh yang rusak dan antibodi yang berfungsi mempertahankan tubuh dari serangan mikrobia yang menyebabkan penyakit. Tujuan penelitian ini menganalisis hubungan asupan protein hewani dan nabati dengan kejadian *stunting pada balita* di desa lokus *stunting* Kabupaten Bungo.

**Metode:** penelitian ini menggunakan desain *Cross Sectional* dengan jumlah responden 88 balita. Teknik pengambilan sampel menggunakan *Propotional Simple Random Sampling*. Instrumen pada penelitian ini *microtoise*, dan *Food Recall*. Analisis data menggunakan analisis Univariat dan Bivariat.

**Hasil:** hasil penelitian ini menunjukkan bahwa tidak terdapat hubungan yang signifikan antara asupan protein hewani dan nabati dengan kejadian *stunting*, karena berdasarkan hasil uji *Chi Square Test* protein hewani (*p-value* 1,000) dan protein nabati (*p-value* 0,631). Artinya asupan protein hewani dan nabati tidak berpengaruh dengan kejadian *stunting*.

**Kesimpulan:** tidak terdapat hubungan yang signifikan antara asupan protein hewani dan nabati dengan kejadian *stunting* melainkan dipengaruhi oleh beberapa faktor, seperti faktor internal (usia, kondisi fisik dan infeksi penyakit) dan faktor eksternal (pendapatan, pendidikan, pekerjaan, budaya, asupan makanan).

**Kata Kunci :** Protein Hewani, Protein Nabati, *Stunting*.

## **ABSTRACT**

**Background:** Stunting is a toddler with chronic nutritional problems, which has a nutritional status based on height/age. Protein is divided into animal and vegetable protein. The function of protein is as a body building agent, body regulator, replacement for damaged body tissue and antibodies which function to defend the body from microbial attacks that cause disease. The purpose of this study was to analyze the relationship between animal and vegetable protein intake and the incidence of stunting in toddlers in the stunting locus village, Bungo Regency.

**Method:** this study used a cross sectional design with 88 respondents. The sampling technique uses Proportional Simple Random Sampling. The instruments in this study were microtoise, and food recall. Data analysis used Univariate and Bivariate analysis.

**Results:** The results of this study showed that there was no significant relationship between animal and vegetable protein intake and the incidence of stunting, because it was based on the results of the Chi Square Test animal protein (p-value 1.000) and vegetable protein (p-value 0.631). This means that intake of animal and vegetable protein is not affected by the incidence of stunting.

**Conclusion:** there is no significant relationship between intake of animal and vegetable protein and the incidence of stunting but is influenced by several factors, such as internal factors (age, physical condition and disease infection) and external factors (income, education, employment, culture, food intake).

**Keywords:** Animal Protein, Vegetable Protein, Stunting.