

# HUBUNGAN KONSELING GIZI BALITA DENGAN KEJADIAN *STUNTING* DI DESA CUMEDAK SUMBERJAMBE JEMBER

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## ABSTRAK

Konseling gizi adalah gabungan antara komunikasi dan keahlian gizi dan juga keahlian psikologis yang disampaikan oleh konseling gizi yang terlatih yang memahami bagaimana kinerja di bidang medis untuk mengatasi masalah pada orang tua dengan bayi pendek atau disebut juga *Stunting*. Desain Corelasi yang dilakukan penelitian ini bertujuan untuk mengetahui hubungan konseling gizi balita dengan kejadian *stunting* di desa Cumedak, Sumberjambe, Jember. Populasi pada penelitian ini adalah ibu dengan anak balita 0 – 60 bulan dengan jumlah 146 dengan *sampel* 107 responden yang diambil dengan teknik sampling *simple random sampling* dan analisa data peneliti menggunakan uji *sperman rho* ( *rho* ) Hasil penelitian yang dilakukan dengan responden atau *sampel* yang dilakukan di desa cumedak, sumbejambe, jember sebanyak 107 *sampel* didapantakn konseling gizi balita dengan katagori baik 86 responden (80,4%), katagori cukup 8 responden (7,5%), sedangkan katagori kurang 13 responden (12,1%), dan kejadian *stunting* di dapatkan sebesar (12,1%). Kemudian dilakukan uji statistik *spearman rho* diperoleh nilai *p value* sebesar 0.00 karena *p value* < 0.05. Sedangkan hasil dari  $r = 0,724$  yang berarti ada hubungan hubungan konseling gizi balita dengan kejadian *stunting* di desa Cumedak, Sumberjambe, Jember, Disimpulkan H1 diterima.

Kata kunci ; Konseling gizi, Balita, *Stunting*.

# RELATIONSHIP BETWEEN NUTRITION COUNSELING WITH *STUNTING* EVENTS IN VILLAGE CUMEDAK SUMBERJAMBE JEMBER

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## ABSTRACT

Nutrition counseling is a combination of communication and nutrition expertise and also psychological skills delivered by trained nutrition counseling who understand how the performance in the medical field to overcome problems in parents with short babies or also called Stunting. Correlation design conducted by this study aims to determine the relationship of toddler nutrition counseling with stunting in the village of Cumedak, Sumberjambe, Jember. The population in this study are mothers with children aged 0-60 months with a total of 146 with a sample of 107 respondents taken by *simple random sampling* technique and data analysis of researchers using the *sperman rho test (rho)* The results of research conducted with respondents or samples conducted in village of cumedak, sumbejambe, jember as many as 107 samples were obtained by toddler nutrition counseling with good categories 86 respondents (80.4%), enough categories of 8 respondents (7.5%), while categories lack 13 respondents (12.1%), and the incidence stunting was obtained (12.1%). Then the Spearman rho statistical test was performed to obtain a *p value* of 0.00 because  $p \text{ value} < 0.05$ . While the results of  $r = 0.724$ , which means there is a relationship between the nutritional counseling of children under five with stunting in the village of Cumedak, Sumberjambe, Jember, concluded that H1 was accepted.

Keywords ; Nutrition counseling, Toddler, *Stunting*.