

**GAMBARAN POLA MAKAN BALITA STUNTING DI DESA
PAKUTANDANG WILAYAH KERJA PUSKESMAS
PAKUTANDANG KABUPATEN BANDUNG**

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ABSTRAK

Stunting dapat disebabkan oleh faktor pola makan yang terdiri dari komponen jenis makanan, jumlah makanan, dan jadwal makan. Pola makan yang tepat pada balita sangat penting untuk mendukung pertumbuhan dan perkembangan mereka secara optimal. Adapun tujuan penelitian ini untuk mengetahui gambaran pola makan balita stunting di Desa Pakutandang wilayah kerja puskesmas Pakutandang Kabupaten Bandung. Metode penelitian kuantitatif melalui metode deskripsi dengan sampel penelitian (*Stratified Random Sampling*) sebanyak 66 responden. Teknik pengumpulan data dilakukan dengan angket. Teknik analisis data dengan analisis univariat. Hasil penelitian menunjukkan pola makan balita stunting berdasarkan aspek jenis makanan 63,64% tepat, jumlah makanan sebesar 54,55% tepat, dan jadwal makan 75,75% tepat. Aspek jadwal makan sangat dominan dengan kategori tinggi dan tepat menggambarkan pola makan balita stunting. Maka dapat disimpulkan bahwa gambaran Pola makan Balita stunting meliputi aspek jenis makanan sebagian besar tepat, jumlah makanan sebagai asupan gizi, dan jadwal makan hampir seluruhnya tepat. Saran untuk meningkatkan pola makan bagi balita stunting yang dilaksanakan oleh Ibu Balita stunting, perlu pemantauan terutama tentang penjadwalan dan jumlah makanan yang sesuai dengan kebutuhan perkembangan balita tersebut.

Kata kunci : Balita, jadwal makan., jenis makanan, jumlah makanan, Pola makan, stunting.

**DESCRIPTION OF EATING PATTERNS OF STUNTING TODDLERS IN
PAKUTANDANG VILLAGE, WORKING AREA OF PAKUTANDANG
PUBLIC HEALTH CENTER, BANDUNG REGENCY**

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ABSTRACT

Stunting can be caused by dietary factors consisting of components of food type, amount of food, and meal schedule. The right diet in toddlers is very important to support their optimal growth and development. The purpose of this study was to determine the description of the dietary patterns of stunted toddlers in Pakutandang Village, the working area of the Pakutandang Community Health Center, Bandung Regency. The quantitative research method used a descriptive method with a research sample (Stratified Random Sampling) of 66 respondents. The data collection technique was carried out using a questionnaire. The data analysis technique used univariate analysis. The results showed that the dietary patterns of stunted toddlers based on the aspect of food type were 63.64% correct, the amount of food was 54.55% correct, and the meal schedule was 75.75% correct. The meal schedule aspect is very dominant, with a high and accurate rating, describing the eating patterns of stunted toddlers. Therefore, it can be concluded that the dietary patterns of stunted toddlers include mostly appropriate food types, adequate amounts of food for nutritional intake, and almost entirely appropriate meal schedules.. Suggestions to improve the diet for stunted toddlers implemented by mothers of stunted toddlers, need to be monitored, especially regarding the scheduling and amount of food that is appropriate to the developmental needs of the toddler.

Keywords: Toddlers, meal schedule, types of food, amount of food, eating patterns, stunting.