

**PERBEDAAN POLA KONSUMSI IKAN, TINGKAT KECUKUPAN ENERGI,  
PROTEIN PADA BALITA GIZI KURANG USIA 1 – 2 TAHUN DI DAERAH RURAL  
DAN DAERAH PESISIR PANTAI**

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FISH CONSUMPTION; NUTRITIONAL

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**SUMMARY**

**Difference fish consumption patterns, energy sufficiency rate, the protein toward less nutritional status of children in age 1-2 months in rural areas and coastal areas in 2011**

Coastal and rural areas have environments different from each other in terms of geographical and environmental health conditions. This leads to differences in the types of food commodities produced and food are available in both regions. Dominant coastal areas are the production of fish and other seafood while predominantly rural area will be the production of vegetables, crops and plantation crops. These differences lead to differences in the type of commodity types and amounts of food usually consumed daily in both regions. Families coastal areas tend to consume sea fish and other marine products are families in the rural areas tend to consume plant foods. This causes the child in the coastal areas tend to consume more fresh fish and processed products that are rich in omega-3 fatty acids and omega-6. These essential fatty acids have an important role in increasing the intelligence of children (Ali Khomsan, 2003), thus increasing energy and protein sources. This situation is different from the mountainous area where people rarely even some mountainous areas not consume fresh fish rich in omega-3 fatty acids and omega-6, thus increasing the nutritional adequacy of children are relatively less compared with children beach area. This study reveals the problems of differences in consumption patterns of fish, sufficient levels of energy, protein malnutrition in young children aged 1-2 years in rural and coastal areas of blood. The purpose of this study was to determine whether there are patterns of fish consumption, the level of adequacy of energy, protein malnutrition in young children aged 1-2 years in rural and coastal areas of blood. This type of research is comparison (research comparison) to determine differences in consumption patterns of fish, sufficient levels of energy, protein malnutrition in young children aged 1-2 years in rural and coastal areas of blood. The method used is the cross sectional method. The population in this study was young children aged 1-2 years of malnutrition rural areas Kecamatan Pacet Kabupaten Mojokerto and coastal areas in Kecamatan Ujung Pangkah Kabupaten Gresik. Samples in rural areas amounted to 15 toddlers aged 1-2 years of malnutrition in Kecamatan Pacet Kabupaten Mojokerto and in coastal areas of malnutrition of 15 toddlers aged 1-2 years in Kecamatan Ujung Pangkah Kabupaten Gresik. The results showed no difference in fish consumption patterns significantly among toddlers aged 1-2 years of malnutrition in rural areas and coastal areas. This is because most of each child's body will be able to meet the need of nutrients needed by the body. This figure Nutritional Adequacy between rural areas and the coastal strip is relatively equal. This proved to Mann Whitney U test between the two are not significantly different at 0.05 significant level. Sample nutritional status in infants aged 1-2 years in both areas is largely lacking. Energy levels of infant malnutrition Adequacy of 1-2 years in rural

areas and coastal areas are significantly different at significant level. Protein Adequacy Level of malnutrition toddlers aged 1-2 years in rural and coastal areas are significantly different. This is because the coastal areas of food sources of carbohydrates and proteins are readily available when compared with the mountainous terrain. Significantly there was no difference in nutritional status of children aged 1-2 years of malnutrition and rural areas comb the beach at the 0.05 level. This is because the nutritional status index based BB / PB and PB / U obviously not influenced by nutritional status based on an index BB / U. Factors that affect nutritional status that is less non-social factors, socioeconomic factors appear to differ significantly on the pattern of food consumption. Suggestions proposed in this study were young children aged 1-2 years of malnutrition and rural coastal areas need to be improved with the consumption of food is better, so the nutritional status of children can be normal and above normal tend to start from the improvement of food within the family system, there is need for increased supply of food protein source in the mountains, and the need to increase learning achievement in both areas by taking into account the factors that influence food consumption patterns such as enhanced nutritional counseling (social factors) as well as the need for additional health personnel in rural areas (remote areas)

### ABSTRACT

#### **Difference consumption fish pattern, energy sufficiency rate, protein toward less nutritional status of children in age 1 – 2 year in rural area and coastal area in 2011**

Children in age 1 – 2 year are in growth susceptible to malnutrition. The food consumption especially energy and protein intake factors attack to nutritional status. One of way the alternative to full fill the children nutrient needs comes from fish. The purpose of this study is to find Difference fish consumption pattern, energy sufficiency rate, protein toward less nutritional status of children in age 1 – 2 year in rural area and coastal area in 2011. This is using cross-sectional. The data collected were nutritional status which in determinant with Z-score of weight and body length of children 1 – 2 year, and screening for less nutritional status of children in age 1-2 year direct intervention have been done to investigate difference consumption fish pattern, energy sufficiency rate, protein as well as social economic, level of education and children preferences of fish. The data analysis including *Mann whitney* analysis. This study showed that have difference related to consumption fish pattern (kind, frequency and quantity) between rural area and coastal area ( $p = 0,000$ ,  $0.026$  and  $0,000$ ), whereas father occupation and mother education have difference ( $p = 0,021$  and  $0,017$ ). More over sufficiency rate of energy and protein have difference between children in age 1-2 years in rural area and coastal area ( $p = 0,000$  and  $0,001$ ).

**Key word.** Fish consumption, nutritional status, children in age 1 – 2 year, Kecamatan Pacet, Kabupaten Mojokerto, Kecamatan Ujung Pangkah, Kabupaten Gresik.