

**NARRATIVE REVIEW PENGARUH PEMBERIAN IKAN
PADA PERTUMBUHAN ANAK STUNTING**
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ABSTRAK

Stunting masih menjadi permasalahan utama kekurangan gizi yang harus diperhatikan bagi pertumbuhan anak khususnya di Indonesia. Stunting berpengaruh pada meningkatnya risiko morbiditas dan mortalitas, penurunan kapasitas fisik, gangguan perkembangan, dan fungsi motorik dan mental anak. Kajian ini dilakukan dengan tujuan untuk mengetahui pengaruh pemberian protein ikan pada anak *stunting*. Metode yang digunakan dalam penelitian ini adalah *narrative review* berdasarkan penelusuran pustaka menggunakan *PubMed* dengan kata kunci (*growth disorders*) AND (*fish protein*) AND (*anthropometrics*), (*growth disorders*) AND (*fish protein*) AND (*weight to height*), (*growth disorders*) AND (*fish protein*) AND (*weight to age*), (*growth disorders*) AND (*fish protein*) AND (*height to age*). Berdasarkan kajian dari ketiga artikel tersebut menunjukkan bahwa pemberian produk yang berbahan dasar ikan ataupun mengkonsumsi ikan secara langsung tidak mempengaruhi secara signifikan pada pertumbuhan anak *stunting* maupun *non stunting*. Salah satu artikel menyatakan bahwa terdapat pengaruh pemberian produk protein ikan pada anak *stunting*, namun tidak berpengaruh secara klinis pada pertumbuhan. Hasil yang dapat disimpulkan dari ketiga artikel adalah bahwa pemberian ikan atau produk protein ikan tidak memberikan pengaruh pertumbuhan pada anak *stunting*.

Kata kunci : gangguan pertumbuhan, stunting, protein ikan, antropometrik

*NARRATIVE REVIEW OF THE EFFECT OF FISH PROTEIN
TO THE GROWTH OF PEDIATRIC STUNTING*

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ABSTRACT

Stunting is still a major problem of malnutrition that must be considered for the growth of children, especially in Indonesia. Stunting has an effect on increasing the risk of morbidity and mortality, decreased physical capacity, developmental disorders, and motor and mental functions of children. This study was conducted with the aim of knowing the effect of giving fish protein to stunted children. The method used in this research is a narrative review based on literature review using PubMed with the keywords (growth disorders) AND (fish protein) AND (anthropometrics), (growth disorders) AND (fish protein) AND (weight to height), (growth disorders).) AND (fish protein) AND (weight to age), (growth disorders) AND (fish protein) AND (height to age). Based on the study of the three articles, it shows that the provision of fish-based products or consuming fish directly does not significantly affect the growth of stunted and non-stunted children. One article stated that there was an effect of giving fish protein products to stunted children, but it had no clinical effect on growth. The results that can be concluded from the three articles are that the provision of fish or fish protein products does not affect the growth of stunted children.

Keywords : growth disorders, stunting, fish protein, anthropometric