

**HUBUNGAN ASUPAN PROTEIN DENGAN KEJADIAN STUNTING  
PADA BALITA DI NEGARA SEDANG BERKEMBANG : *SYSTEMATIC  
REVIEW***

**ABSTRAK**

**Latar Belakang:** *Stunting* merupakan permasalahan tumbuh kembang pada anak. *Stunting* paling sering terjadi pada anak kurang dari 5 tahun. *Stunting* merupakan salah satu masalah kesehatan anak yang harus diperhatikan di dunia. Distribusi *stunting* paling banyak terjadi pada negara yang sedang berkembang. Hal tersebut salah satunya dikarenakan kurangnya asupan gizi pada negara berkembang yang menyebabkan rendahnya asupan nutrisi mikro dan makro. Salah satu makronutrien yang berperan untuk pertumbuhan adalah protein

**Tujuan:** Untuk mengetahui hubungan kurangnya asupan protein dengan peningkatan kejadian stunting pada balita di negara sedang berkembang

**Metodologi:** Kajian sistematik ini hanya dibuat oleh satu orang pengkaji saja dan dibuat berdasarkan *Preferred Reporting Items For Systematic Review and Meta-Analysis* (PRISMA). Artikel yang dikaji merupakan studi observasional. Setiap artikel dilakukan uji kualitas literatur menggunakan Agency for Health Research and Quality (AHRQ) dan Newcastle-Ottawa Scale untuk jenis studi *case control*.

**Hasil:** Dari hasil pencarian menggunakan strategi pencarian di PUBMED, diperoleh 257 jurnal, kemudian dilakukan seleksi berdasarkan judul, abstrak, dan kriteria inklusi eksklusi. Setelah melalui proses tersebut didapatkan 3 jurnal yang dikaji, dua penelitian *cross sectional* dan satu penelitian *case control*. Hasil kajian sistematik ini tiga penelitian mengatakan bahwa asupan protein berhubungan dengan peningkatan kejadian stunting di negara sedang berkembang.

**Kesimpulan:** Kurang asupan protein berhubungan dengan peningkatan kejadian stunting di negara sedang berkembang

**Kata Kunci:** Asupan protein, Asupan nutrisi, Balita, Malnutrisi, Stunting

**RELATIONSHIP OF PROTEIN INTAKE WITH STUNTING CHILDREN  
UNDER 5 YEARS AT DEVELOPING COUNTRY: A SYSTEMATIC  
REVIEW**

**ABSTRACT**

**Background:** Stunting is a developmental problem in children. Stunting most often occurs in children less than 5 years. Stunting is a child health problem that must be considered in the world. The distribution of stunting is most prevalent in developing countries. This is partly due to the lack of nutritional intake in developing countries which causes low intake of micro and macro nutrients. One of the macronutrients that play a role in growth is protein

**Objective:** To determine the relationship between lower protein intake and the incidence of stunting in children under five in developing countries

**Methodology:** This systematic review is only made by one reviewer and based on Preferred Reporting Items For Systematic Review and Meta-Analysis (PRISMA). The articles studied were observational studies. Each article was assessed for literature quality using the Agency for Health Research and Quality (AHRQ) and the Newcastle-Ottawa Scale for the type of case control study.

**Results:** From the search results using the search strategy in PUBMED, 257 journals were obtained, then a selection was made based on title, abstract, and inclusion criteria. After going through this process, it was found that 3 journals were reviewed, 2 cross sectional studies and 1 case control study. The results of this systematic study of 3 studies said that protein intake was associated with the incidence of stunting in developing countries.

**Conclusion:** Lack of protein intake is associated with the incidence of stunting in developing countries.

**Keywords:** children, malnutrition, nutrient intake, pediatric, protein intake, stunting