

ABSTRAK

Balita pendek merupakan balita dengan status gizi yang berdasarkan panjang atau tinggi badan menurut umurnya kurang jika dibandingkan dengan standar baku WHO-MGRS (*Multicentre Growth Reference Study*) pada tahun 2005. Stunting dengan kondisi gagal tumbuh pada bayi (0-11 bulan) dan anak balita (12-59 bulan) akibat kekurangan gizi sejak bayi dalam kandungan dan pada masa awal setelah bayi lahir. Indonesia khususnya Kota Yogyakarta merupakan daerah yang terdampak kasus balita pendek dengan status gizi yang kurang sebanyak 1225 kasus dimana Puskesmas Mantrijeron menjadi puskesmas dengan kasus stunting tertinggi di Kota Yogyakarta. Ahli Gizi dianggap sebagai garda depan dalam hal identifikasi masalah kesehatan dan nutrisi masyarakat terutama pada ibu hamil dan balita yang mungkin dapat memicu tingginya angka stunting di Indonesia. Kepribadian Ahli Gizi, dilihat dari *The Big Five Personality* dianggap mampu memunculkan minat klien untuk melakukan konsultasi secara teratur dan mampu menjalankan hidup sehat dengan harapan mampu menekan pertumbuhan angka stunting. Penelitian dilakukan dengan pendekatan kualitatif dimana data diperoleh dari hasil observasi dan wawancara pada tiga Ahli Gizi di Puskesmas Mantrijeron. Hasil penelitian menyebutkan jika kelima dimensi ada pada AG02 dan AG03, sedangkan dimensi *openness to experience* tidak ada pada AG01 yang terlihat dari adanya kesulitan menyesuaikan bahasa serta terhambatnya pekerjaan karena kurangnya penguasaan terhadap teknologi digital.

Kata Kunci : Stunting, Ahli Gizi, The Big Five Personality

ABSTRACT

Short toddlers are toddlers whose nutritional status based on length or height according to their age is less than the WHO-MGRS standard (Multicentre Growth Reference Study) in 2005. Stunting with failure to thrive in babies (0-11 months) and toddlers (12-59 months) due to malnutrition since the baby is in the womb and in the early days after the baby is born. Indonesia, especially the city of Yogyakarta, is an area affected by 1225 cases of stunted toddlers with poor nutritional status, where Mantrijeron Community Health Center is the community health center with the highest stunting cases in Yogyakarta City. Nutritionists are considered to be at the forefront in identifying community health and nutrition problems, especially among pregnant women and toddlers, which may trigger high stunting rates in Indonesia. Nutritionist Personality, seen from The Big Five Personality is considered capable of generating clients' interest in having regular consultations and being able to lead a healthy life in the hope of being able to reduce the growth of stunting rates. The research was carried out using a qualitative approach where data was obtained from observations and interviews with three nutritionists at the Mantrijeron Community Health Center. The research results state that the five dimensions are in AG02 and AG03, while dimensions openness to experience There is nothing in AG01 which can be seen from difficulties adapting to language and delays in work due to lack of mastery of digital technology.

Keyword : Stunting, Nutritionist, The Big Five Personality