ABSTRACT

Ria Khusnul Khotimah, 10119018

ANDROID-BASED STUNTING EDUCATION APPLICATION UTILIZING Z-SCORE AND BMI CALCULATIONS TO DETERMINE NUTRITIONAL STATUS OF TODDLERS AND ADOLESCENTS

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(xii + 77 + attachment)

The increasing awareness of stunting, a chronic malnutrition issue impacting physical growth and brain development in children, has driven the development of an Android-based stunting education application. This application aims to provide information about stunting, growth monitoring methods, and stunting prevention for toddlers and adolescents. The study utilizes the System Development Life Cycle (SDLC) methodology for application design and development. In the problem analysis phase, the effects of stunting on physical growth and the quality of life for toddlers and adolescents are evaluated. Prevalence data on stunting in Indonesia from the Indonesian Nutritional Status Survey (SSGI) is compared against WHO standards. The application presents features for monitoring the nutritional status of toddlers and adolescents, utilizing Z-Score and Body Mass Index (BMI) calculations. The application development involves coding using Java, testing through blackbox methodology, and trial runs on smartphones. The outcome of this research is the Android-based Stunting Education Application, which provides education, growth monitoring, and stunting prevention tools. The application aims to enhance awareness about stunting and offer effective growth monitoring methods. Therefore, this application is anticipated to assist parents, pregnant women, and breastfeeding mothers in preventing stunting cases in Indonesia.

Bibliography (2019-2023)