

## **Perbedaan Praktik *Responsive Feeding* pada *Stunted Children-Overweight/Obesity Mother (SCOM)* dan *Non-Stunted Children-Overweight/Obesity Mother (NSCOM)***

Arash Layung Dwangari<sup>1</sup>, Ani Margawati<sup>1</sup>, Rachma Purwanti<sup>1</sup>, Hartanti Sandi Wijayanti<sup>1</sup>

### **ABSTRAK**

**Latar Belakang:** Ibu *overweight*/obesitas dapat melahirkan anak stunting. Anak yang tinggal dengan ibu obesitas (SCOM) merupakan fenomena Beban Gizi Ganda (BGG). Ibu *overweight*/obesitas cenderung melakukan praktik pemberian makan buruk atau *non-responsive feeding*, yang dapat menyebabkan stunting pada balita. Penelitian mengenai *responsive feeding* pada pasangan ibu *overweight*/obesitas dengan anak stunting masih sedikit.

**Tujuan:** Penelitian ini bertujuan untuk menganalisis perbedaan praktik *responsive feeding* antara balita stunting dan normal berusia 6-36 bulan dengan ibu *overweight*/obesitas di Kota Semarang.

**Metode:** Penelitian ini menggunakan desain *case-control* dengan pemilihan subjek menggunakan *consecutive sampling*, yaitu sebanyak 14 pasang kasus (anak stunting-ibu *overweight*/obesitas atau SCOM) dan 14 pasang kontrol (anak normal-ibu *overweight*/obesitas atau NSCOM), pada balita umur 6-36 tahun. Data *responsive feeding* menggunakan kuesioner likert, asupan balita menggunakan kuesioner *Semi Quantitative-Food Frequency Questionnaire (SQFFQ)* dan dibandingkan dengan AKG 2019. Analisis menggunakan chi-square, dan dinyatakan terdapat perbedaan signifikan apabila  $p < 0,05$ .

**Hasil:** Terdapat perbedaan dalam praktik *responsive feeding* antara subjek SCOM dan NSCOM ( $p=0,035$ ), dimana praktik *responsive feeding* cenderung dilakukan pada ibu dari balita stunting. Terdapat perbedaan pada asupan kalsium ( $p=0,013$ ) dan besi ( $p=0,033$ ) secara signifikan, dengan asupan yang cukup sebagian besar dalam kelompok SCOM. Subjek SCOM dalam penelitian ini semua mengikuti program intervensi pemerintah “Pelangi Nusantara”, dengan intervensi berupa penyuluhan dan konseling gizi termasuk pola asuh pemberian makan.

**Kesimpulan:** Terdapat perbedaan praktik *responsive feeding* pada anak stunting dan tidak stunting, meskipun sebagian praktik *responsive feeding* dilakukan oleh kelompok SCOM akibat pemberian intervensi yang tidak bisa dikendalikan oleh peneliti.

**Kata Kunci :** *responsive feeding*, beban gizi ganda, *Stunted Children Overweight/Obesity Mother (SCOM)*

---

<sup>1</sup> Departemen Ilmu Gizi, Fakultas Kedokteran, Universitas Diponegoro, Semarang

## **Differences in Responsive Feeding Practices between Stunted Children-Overweight/Obese Mothers (SCOM) and Non-Stunted Children-Overweight/Obese Mothers (NSCOM)**

Arash Layung Dwangari<sup>1</sup>, Ani Margawati<sup>1</sup>, Rachma Purwanti<sup>1</sup>, Hartanti Sandi Wijayanti<sup>1</sup>

### **ABSTRACT**

**Background:** Overweight/obese mothers can give birth to stunted children. Children living with obese mothers (SCOM) is a double nutritional burden (BGG) phenomenon. Overweight/obese mothers tend to practice poor or non-responsive feeding, which can lead to stunting in toddlers. Research on responsive feeding in pairs of overweight/obese mothers with stunted children is still lacking.

**Objectives:** This study aims to analyze differences in responsive feeding practices between stunted and normal toddlers aged 6-36 months with overweight/obese mothers in Semarang City.

**Methods:** This study used a case-control design with subject selection using consecutive sampling, namely 14 pairs of cases (stunted children - overweight/obese mothers or SCOM) and 14 pairs of controls (normal children - overweight/obese mothers or NSCOM), in toddlers aged 6-36 years. Responsive feeding data was collected using the Hughes et al. questionnaire. (2005), and toddler intake using the Semi Quantitative-Food Frequency Questionnaire (SQFFQ) and compared with the 2019 RDA. Analysis used chi-square, and there was a significant difference if  $p < 0.05$ .

**Results:** There was a difference in responsive feeding practices between SCOM and NSCOM subjects ( $p=0.035$ ), where responsive feeding practices tended to be carried out by mothers of stunted toddlers. There were significant differences in calcium ( $p=0.013$ ) and iron ( $p=0.033$ ) intake, with adequate intake mostly in the SCOM group. The SCOM subjects in this study all participated in the government intervention program "Pelangi Nusantara", with interventions in the form of nutrition education and counseling including parenting feeding.

**Conclusion:** There were differences in responsive feeding practices in stunted and non-stunted children, although some responsive feeding practices were carried out by the SCOM group due to the provision of interventions that could not be controlled by researchers.

**Keywords:** responsive feeding, double burden malnutrition, *Stunted Children Overweight/Obesity Mother (SCOM)*

---

<sup>1</sup> Nutrition Science Department, Medical Faculty of Diponegoro University, Semarang