

Hubungan Kerawanan Pangan terhadap Asupan Zat Gizi Makro pada Balita Stunting di Kota Semarang Tahun 2022

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ABSTRAK

Latar Belakang: Stunting merupakan kondisi ketika balita usia dibawah 5 tahun mengalami gagal tumbuh dari anak seusianya dan balita membutuhkan asupan gizi. Status gizi dipengaruhi oleh asupan makro. Asupan makro dapat dipengaruhi oleh kerawanan pangan dari keluarga tersebut.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan terkait kerawanan pangan dengan asupan zat gizi makro pada balita stunting.

Metode: Penelitian ini menggunakan desain *cross-sectional*. Subjek yang digunakan sejumlah 82 balita stunting. Kerawanan pangan diukur dengan menggunakan metode *Household Food and Insecurity Access Scale* (HFIAS) dan asupan makro diukur dengan menggunakan metode *Semi-Quantitatif Food Frequency* (SQ-FFQ). Analisis bivariat dalam penelitian ini adalah uji *pearson correlation* dan uji *rank speaman*.

Hasil: Dari 82 responden, didapatkan 61% tergolong dalam keluarga rawan pangan. Terdapat hubungan signifikan antara kerawanan pangan dengan asupan karbohidrat ($p=0,006$). Tidak terdapat hubungan signifikan antara kerawanan pangan dengan asupan energi ($p=0,475$), asupan protein ($p=0,769$) dan asupan lemak ($p=0,637$)

Simpulan: Asupan karbohidrat memiliki hubungan dengan kerawanan pangan, dan asupan energi, protein, lemak tidak memiliki hubungan dengan kerawanan pangan.

Kata Kunci: Kerawanan Pangan, Asupan Makro, Stunting

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The Relationship Food Insecurity with Macronutrient Intake of Stunted Children Under the age of Five the City in Semarang City in 2022

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ABSTRACT

Background: Stunting is a condition when children under the age of five years experience impaired growth from children their age and children under the age of five years need nutritional intake. Nutritional status is influenced by macronutrient intake. Macronutrient intake can be influenced by the food insecurity from the family.

Objective: This study aims to know the relationship between food insecurity and macronutrient intake in stunted children under the age of five.

Method: This study used a cross-sectional design. The subjects used are 82 respondents. Food insecurity is measured using the Household Food and Insecurity Access Scale (HFIAS) method and macronutrient intake is measured by Semi Quantitative Food Frequency (SQ-FFQ method). Bivariate analysis in this study is pearson correlation and speaman rank test.

Results: From 82 respondents, 61% are categorized as food insecure families. There is a significant relationship between food insecurity and carbohydrate intake ($p=0,006$). There is no significant relationship between food insecurity and energy intake ($p=0,475$), protein intake ($p=0,769$), and fat intake ($p=0,637$).

Conclusion: Carbohydrate intake has a relationship with food insecurity, and Energy, Protein, Fat intake has no relationship with food insecurity.

Keywords: *Food Insecurity, Macronutrient Intake, Stunting*

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