

Hubungan Ketahanan dan Keragaman Pangan dengan TB/U Balita 24-59 Bulan di Lembaga Masyarakat Desa Hutan (LMDH) Kendal

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ABSTRAK

Latar Belakang: Status gizi balita merupakan indikator penting dalam menilai kesehatan dan tumbuh kembang anak, salah satunya melalui indeks tinggi badan menurut usia (TB/U). Stunting masih menjadi masalah serius di Indonesia, termasuk di Kabupaten Kendal. Ketahanan dan keragaman pangan merupakan faktor yang diduga berpengaruh terhadap status gizi balita. Kurangnya akses dan variasi pangan dapat menyebabkan ketidakseimbangan asupan gizi, yang berdampak pada terjadinya stunting.

Tujuan: Untuk mengetahui hubungan antara ketahanan dan keragaman pangan dengan status gizi (TB/U) balita usia 24-59 bulan di Lembaga Masyarakat Desa Hutan (LMDH) Kabupaten Kendal.

Metode: Penelitian observasional analitik dengan menggunakan pendekatan *cross sectional* melalui metode survei yang dilakukan di LMDH Kendal, Jawa Tengah tepatnya di Desa Cacaban. Populasi target adalah balita usia 24-59 bulan dan ibu balita, dengan total sampling sebanyak 50 subjek. Variabel bebas meliputi ketahanan pangan rumah tangga dan keragaman pangan balita. Variabel terikat status gizi (TB/U) balita. Variabel perancu meliputi pendidikan ayah, pendidikan ibu, pekerjaan ayah, pekerjaan ibu, pengetahuan gizi ibu, jumlah keluarga, pendapatan orang tua, pengeluaran pangan rumah tangga.

Hasil: Hasil analisis bivariat menunjukkan terdapat hubungan yang signifikan antara ketahanan pangan rumah tangga dengan TB/U balita ($p=0,037$) dan terdapat hubungan yang signifikan antara keragaman pangan balita dengan TB/U balita ($p=0,001$). Analisis multivariat menunjukkan bahwa ketidakragaman pangan balita secara signifikan berpengaruh terhadap TB/U ($OR=26,35$; 95% CI: 2,761-249,559; $p=0,004$).

Simpulan: Terdapat hubungan antara keragaman pangan dengan TB/U balita

Kata Kunci: Balita, Ketahanan pangan rumah tangga, Keragaman pangan balita.

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The Relationship Between Food Security and Diversity With Height/Age of Toddlers Aged 24-59 Months in the Kendal Forest Village Community Institution (LMDH)

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ABSTRACT

Background: Toddler nutritional status is an important indikator in assessing children's health and growth, one of which is through the height-for-age indeks (H/A). Stunting is still a serious problem in Indonesia, including in Kendal Regency. Food security and diversity are factors that are thought to influence the nutritional status of toddlers. Lack of access and variety of food can cause an imbalance in nutritional intake, which has an Impact on stunting. **Objective:** To determine the relationship between food security and diversity with the nutritional status (H/A) of toddlers aged 24-59 months at the Forest Village Community Institution (LMDH) of Kendal Regency.

Methods: An analytical observational study using a cross-sectional approach was conducted through a survei at LMDH Kendal, Central Jawa, specifically in Cacaban Village. The target population consisted of children aged 24-59 months and their mothers, with a total sample of 50 children. The independent variables included household food security and dietary diversity of the children. The dependent variable was the nutritional status of the children based on height-for-age (H/A). Confounding variables included father's education, mother's education, father's occupation, mother's occupation, mother's nutritional knowlegde, family size, parental income, and household food expenditure.

Results: The results of the bivariate analysis showed that there was a significant relationship between household food security and toddler's height/age ($p=0,037$) and there was a significant relationship between toddler's food diversity and toddler's height/age ($p=0,001$). Multivariate analysis showed that toddler's food diversity significantly affected toddler's height/age (OR=26,35; 95% CI: 2,761-249,559; $p=0,004$).

Conclusion: There is an association between dietary diversity and the height-for-age (H/A) of children under five.

Keywords: Toddlers, Household food security, Toddler food diversity

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