

FACTORS RELATED TO THE MOTHER'S NUTRITIONAL STATUS OF STUNTING CHILDREN IN SEMARANG

Sabela Nadhira Rakhmatika¹, Ani Margawati¹, Rachma Purwanti¹, Fillah Fithra Dieny¹

ABSTRACT

Background: The incidence of stunting in children is not only related to being underweight in the mother. Changes in lifestyle in developing countries currently allow for household double burden malnutrition, one of which is Stunting Children and Overweight or Obese Mothers (SCOM).

Objective: To find out the factors related to the mother's nutritional status of stunting children in Semarang City.

Methods: Observational research with a *cross-sectional* design, sampling using the *consecutive sampling* method. The subjects of this study were 94 pairs of mothers with stunting toddlers spread across nine integrated health centers in Semarang City. The independent variables in this study were age, parity, education, hormonal contraception, family income, food intake, dietary diversity, and physical activity. The dependent variable was the mother's nutritional status using Body Mass Index (BMI) with the Asia-Pacific cut-off: underweight $<18.5 \text{ kg/m}^2$, normal $18.5\text{--}22.9 \text{ kg/m}^2$, and overweight $>23 \text{ kg/m}^2$. Statistical analysis of the logistic regression model was used to determine the relationship between the factors in this study.

Results: The percentage of the mother's nutritional status is 12.76% underweight, 31.91% normal, and 55.31% overweight. The multivariate results of the risk factors for underweight mothers were inadequate energy intake (*p-value* 0.046) and use of hormonal contraception (*p-value* 0.043). The multivariate results of risk factors for overweight mothers were parity > 2 children (*p-value* 0.009), use of hormonal contraception (*p-value* 0.010), and excess energy intake (*p-value* 0.011). Meanwhile, high family income (*p-value* 0.014) and excess protein intake (*p-value* 0.011) are protective factors against underweight mothers.

Conclusion: Factors related to underweight mothers are energy intake and the use of hormonal contraception. Factors related to being overweight in mothers are parity, the use of hormonal contraception, energy and protein intake, and family income.

Keywords: Underweight; Mother of toddler; Obesity; SCOM; Stunting

¹Nutrition Science Department, Medical Faculty of Diponegoro University, Semarang

FAKTOR -FAKTOR YANG BERHUBUNGAN DENGAN STATUS GIZI IBU BALITA STUNTING DI KOTA SEMARANG

Sabela Nadhira Rakhmatika¹, Ani Margawati¹, Rachma Purwanti¹, Fillah Fithra Dieny¹

ABSTRAK

Latar Belakang: Kejadian stunting pada anak tidak hanya berkaitan dengan gizi kurang pada ibu. Adanya perubahan gaya hidup di negara berkembang saat ini memungkinkan terjadi masalah gizi ganda dalam satu rumah tangga salah satunya *Stunting Children and Overweight or Obese Mothers/SCOM*

Tujuan: Menganalisis faktor-faktor yang berhubungan dengan status gizi ibu balita stunting di Kota Semarang.

Metode: Penelitian observasional dengan desain *cross sectional*, pengambilan sampel menggunakan metode *consecutive sampling*. Subjek penelitian ini yaitu pasangan ibu balita stunting sebanyak 94 orang yang tersebar di 9 puskesmas Kota Semarang. Variabel bebas penelitian ini adalah usia, paritas, pendidikan, kontrasepsi hormonal, pendapatan keluarga, asupan makan, keragaman pangan, dan aktivitas fisik. Variabel terikat penelitian ini yaitu status gizi ibu menggunakan IMT (Indeks Massa Tubuh) dengan *cut off* Asia pasifik: gizi kurang <18,5 kg/m², gizi normal 18,5 – 22,9 kg/m², gizi lebih >23 kg/m². Penelitian ini menggunakan analisis statistika model regresi logistik digunakan untuk mengetahui hubungan faktor-faktor.

Hasil: Persentase status gizi ibu yaitu gizi kurang 12,76%, gizi normal 31,91%, dan gizi lebih 55,31%. Hasil multivariat faktor risiko status gizi kurang pada ibu yaitu ketidakcukupan asupan energi (*p-value* 0,046) dan penggunaan kontrasepsi hormonal (*p-value* 0,043). Hasil multivariat faktor risiko status gizi lebih pada ibu yaitu paritas >2 anak (*p*=0,009), kontrasepsi hormonal (*p-value* 0,010), dan asupan energi berlebih (*p-value* 0,011). Pendapatan keluarga tinggi (*p-value* 0,014) dan asupan protein berlebih (*p-value* 0,011) merupakan faktor proteksi dari kejadian gizi lebih pada ibu balita.

Simpulan: Faktor yang berhubungan status gizi kurang pada ibu yaitu asupan energi dan penggunaan kontrasepsi hormonal. Faktor yang berhubungan status gizi lebih pada ibu yaitu paritas, penggunaan kontrasepsi hormonal, asupan energi dan protein, dan pendapatan keluarga.

Kata Kunci: Gizi Kurang; Ibu Balita; Obesitas; SCOM; Stunting

¹ Program Studi Ilmu Gizi, Fakultas Kedokteran, Universitas Diponegoro, Semarang

