

Hubungan Keragaman Pangan dan Karakteristik Sosiodemografi dengan Status Gizi Balita di Desa Jeruksari Kabupaten Pekalongan

Rahmania Inenda¹, Etika Ratna Noer¹, Nuryanto¹

ABSTRAK

Pendahuluan: Beberapa penyebab tidak langsung dari permasalahan stunting adalah karakteristik sosiodemografi serta keragaman pangan pada balita. Pendidikan orang tua, pengetahuan ibu, pendapatan keluarga, dan pekerjaan ibu menjadi karakteristik sosiodemografi yang dapat mempengaruhi status gizi balita. Mengonsumsi makanan yang bervariasi menunjukkan status gizi yang optimal dan merupakan salah satu cara untuk mencegah terjadinya defisiensi gizi.

Tujuan: Menganalisis hubungan keragaman pangan dan karakteristik sosiodemografi dengan status gizi balita di Desa Jeruksari Kabupaten Pekalongan.

Metode: Penelitian ini merupakan penelitian observasional menggunakan desain crosssectional. Teknik pengambilan sampel yaitu *purposive sampling* dengan jumlah subjek uji 132 bayi berusia 0-59 bulan. Data asupan diambil dengan menggunakan wawancara kepada ibu balita menggunakan kuesioner *semi quantitative food frequency questionnaire* (SQ-FFQ). Penelitian ini dilakukan di Desa Jeruksari Kabupaten Pekalongan. Analisis bivariat menggunakan uji *chi-square* dan uji regresi logistik ganda untuk mengetahui hubungan.

Hasil: Hasil bivariat menunjukkan bahwa kecukupan asupan protein dan kecukupan asupan karbohidrat pada balita, serta pendidikan orang tua berhubungan signifikan dengan status gizi balita. Uji multivariat menunjukkan adanya hubungan yang signifikan antara variabel pendidikan ayah dan pendidikan ibu terhadap status gizi balita. Pendidikan ayah yang tergolong dasar-menengah memiliki risiko 10,7 kali lipat dan pendidikan ibu yang tergolong dasar-menengah memiliki risiko 3,7 kali lipat mengalami stunting.

Simpulan: Terdapat hubungan karakteristik sosiodemografi (pendidikan ayah dan pendidikan ibu) dengan status gizi balita.

Kata Kunci: Balita, karakteristik sosiodemografi, pengetahuan ibu, pendapatan keluarga, stunting.

¹Departemen Ilmu Gizi, Fakultas Kedokteran, Universitas Diponegoro, Semarang

Correlation between Dietary Diversity and Sociodemographic Characteristics with Nutritional Status of Toddlers in Jeruksari Village, Pekalongan Regency

Rahmania Inenda¹, Etika Ratna Noer¹, Nuryanto¹

ABSTRACT

Introduction: Some indirect causes of stunting problems are sociodemographic characteristics and food diversity in toddlers. Parental education, maternal knowledge, family income, and maternal employment are sociodemographic characteristics that can affect the nutritional status of toddlers. Consuming a varied diet indicates optimal nutritional status and is one way to prevent nutritional deficiencies.

Objective: to analyze the relationship between food diversity and sociodemographic characteristics with the nutritional status of toddlers in Jeruksari village, Pekalongan Regency.

Methods: This research was an observational study using a cross-sectional design. The sampling technique used was purposive sampling with a total of 132 toddlers aged 0-59 months as subjects. Intake data was taken using interviews with mothers of toddlers using the semi quantitative food frequency questionnaire (SQ-FFQ) form. This research was conducted in Jeruksari Village, Pekalongan Regency. Bivariate analysis to see the relationship uses the chi-square test and multiple logistic regression test.

Result: Bivariate results show that adequate protein intake and adequate carbohydrate intake in toddlers, as well as parental education are significantly related to the nutritional status of toddlers. Multivariate tests show a significant relationship between the variables of father's education and mother's education on the nutritional status of toddlers. The father's education which is classified as primary and secondary has a 10.7 times risk of experiencing stunting and the mother's education which is classified as primary and secondary has a risk of stunting 3.7 times.

Conclusion: There is a relationship between sociodemographic characteristics (father's education and mother's education) with the nutritional status of toddlers.

Keywords: Toddlers, sociodemographic characteristics, maternal knowledge, family income, stunting.

¹Nutrition Science Departement, Medical Faculty of Diponegoro