Hubungan Pengetahuan Gizi dan Ketahanan Pangan dengan Status Gizi pada *Lady Companion* (LC) di Paguyuban Karaoke Argorejo Kota Semarang

Syifa Nur Azizah[1], Ninik Rustanti[1], Enny Probosari[1], Angga Rizqiawan[1]

ABSTRAK

Latar Belakang: *Lady Companion* (LC) merupakan kelompok yang perlu diperhatikan karena berisiko mengalami kekurangan pangan dan masalah gizi. Hal ini dikaitkan dengan kondisi ekonomi dan tingkat pendidikan mereka yang terbatas sehingga perlu dianalisis tingkat pengetahuan gizi dan status ketahanan pangan serta bagaimana hubungannya dengan status gizi.

Tujuan: Mengetahui hubungan antara pengetahuan gizi dan ketahanan pangan dengan status gizi LC.

Metode: Penelitian *cross-sectional* dengan 93 subjek pekerja LC di Paguyuban Karaoke Argorejo Kota Semarang. Variabel penelitian meliputi pengetahuan gizi, ketahanan pangan, status gizi (IMT), usia, tingkat pendidikan, tingkat pendapatan, dan rerata pengeluaran untuk pangan. Analisis statistik dilakukan menggunakan uji *rank spearman* dan regresi linear berganda.

Hasil: Mayoritas subjek pada penelitian ini berusia 18 – 25 tahun. Terdapat 48,4% subjek yang menempuh pendidikan hingga SMP; 41,9% memiliki pendapatan sejumlah > Rp 3.500.000 dalam sebulan; 71% memiliki rerata pengeluaran untuk pangan sejumlah ≥ Rp 737.193. Subjek cenderung mengalami status gizi normal dengan persentase 54,8%. Kebanyakan subjek memiliki tingkat pengetahuan gizi kurang sebesar 49,5% dan mengalami kondisi rawan pangan ringan sebesar 44,1%. Pengetahuan gizi, ketahanan pangan, dan usia berhubungan signifikan dengan status gizi (r=-0,452, p=0,000; r=-0,265, p=0,010; p=0,000). Pengetahuan gizi merupakan variabel yang paling berhubungan dengan status gizi (B=-2,173).

Simpulan: Pengetahuan gizi, ketahanan pangan, dan usia memiliki hubungan yang bermakna terhadap status gizi LC.

Kata Kunci: Status gizi, pengetahuan gizi, ketahanan pangan, LC

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

The Relationship between Nutrition Knowledge and Food Security with Nutritional Status among Lady Companion (LC) at Argorejo Karaoke Community, Semarang City

Syifa Nur Azizah[1], Ninik Rustanti[1], Enny Probosari[1], Angga Rizqiawan[1]

ABSTRACT

Background: Lady Companions are a group that needs attention because they are at risk of experiencing food insecurity and nutritional problems. This is linked to their limited economic conditions and education levels, making it necessary to analyze their level of nutrition knowledge and food security status, as well as how these factors relate to their nutritional status.

Objective: To analyze the relationship between nutrition knowledge and food security with the nutritional status of LC.

Method: A cross-sectional study with 93 subjects, who are LC at the Argorejo Karaoke Community in Semarang City, was conducted. The study variables include nutrition knowledge, food security, nutritional status (BMI), age, education level, income level, and average food expenditure. Statistical analysis was performed using the Spearman rank test and multiple linear regression.

Result: The majority of subjects in this study were aged 18-25 years. About 48.4% of the subjects had education up to junior high school level; 41.9% had a monthly income of more than Rp 3,500,000; and 71% had an average food expenditure of Rp 737,193 or more. The subjects tended to have a normal nutritional status, with a percentage of 54.8%. Most subjects had poor nutrition knowledge at 49.5% and experienced mild food insecurity at 44.1%. Nutrition knowledge, food security, and age were significantly related to nutritional status (r=-0,452, p=0.000; r=-0,265, p=0.010; p=0.000). Nutrition knowledge was the strongest variable associated with nutritional status (B=-2,173).

Conclusion: Nutrition knowledge, food security, and age have a significant relationship with nutritional status of LC.

Keywords: Nutritional status, nutrition knowledge, food security, LC

[1] Department of Nutrition Science, Faculty of Medicine, Diponegoro University, Semarang