

Hubungan Praktik *Food Coping Strategy* dan Keragaman Pangan dengan Status Gizi Anak Pada Komunitas Satoe Atap

Salsabella Ayu Genta¹, Adriyan Pramono¹, Ayu Rahadiyanti¹, Muti'ah Mustaqimatusy Syahadah¹

Abstrak

Latar Belakang: Kerawanan pangan di suatu wilayah dapat menyebabkan keberagaman pangan yang rendah. Konsumsi pangan yang tidak beragam dapat memengaruhi status gizi khususnya pada anak yang merupakan kelompok rawan. Kerawanan pangan rumah tangga juga berpengaruh terhadap perilaku *food coping strategy* yang kurang tepat juga dapat menyebabkan status gizi kurang maupun status gizi lebih pada anak.

Tujuan: Menganalisis hubungan praktik *food coping strategy* dan keragaman pangan dengan status gizi anak pada komunitas Satoe Atap

Metode: Penelitian observasional dengan desain *crosssectional*. Sampel dalam penelitian yaitu anak yang tergabung dalam komunitas Satoe Atap yaitu sebanyak 55 anak. Data ketahanan pangan diperoleh dengan kuesioner *Household Food Security Survey Module* (HFSSM), perilaku *food coping strategy* menggunakan kuesioner *Coping Strategy Index* (CSI), keragaman pangan menggunakan kuesioner *Dietary Diversity Score* (DDS). Analisis bivariat menggunakan uji *chi square* dan uji *fisher exact*, analisis multivariat dengan regresi logistik

Hasil: Hasil penelitian menemukan 38,2% anak dengan malnutrisi yang didominasi dengan status gizi lebih. Terdapat hubungan keragaman pangan individu dan rumah tangga dengan status gizi dengan nilai $p=0,042$ ($p<0,05$) dan $p=0,038$ ($p<0,05$)

Kesimpulan: Terdapat hubungan signifikan antara keragaman makanan dengan status gizi anak satoe atap. Tidak terdapat hubungan antara praktik *food coping strategy* dengan status gizi anak.

Kata Kunci: status gizi, satoe atap, *food coping strategy*, keragaman pangan

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

ayugentas@gmail.com¹, adriyanpramono@lecturer.undip.ac.id¹, ayurahadiyanti@fk.undip.ac.id¹,

mutiahms@fk.undip.ac.id¹

The Relationship between Food Coping Strategy Practices and Food Diversity with the Nutritional Status of Children in the Satoe Atap Community

Salsabella Ayu Genta¹, Adriyan Pramono¹, Ayu Rahadiyanti¹, Muti'ah Mustaqimatusy Syahadah¹

ABSTRACT

Background: *Food insecurity in a region can lead to low dietary diversity. Limited dietary diversity can impact nutritional status, particularly in children, who are considered a vulnerable group. Household food insecurity also affects food coping strategies, where improper strategies may contribute to both undernutrition and overnutrition in children.*

Objective: *To analyze the relationship between food coping strategies and food diversity with children's nutritional status in the Satoe Atap community.*

Method: *Observational research study with a cross-sectional design. The sample consisted of 55 children who were part of the Satoe Atap community. Food security data were collected using the Household Food Security Survey Module (HFSSM), food coping strategy behavior was assessed using the Coping Strategy Index (CSI) questionnaire, and dietary diversity was measured using the Dietary Diversity Score (DDS) questionnaire. Bivariate analysis was conducted using the Chi-Square test and Fisher's exact test, while multivariate analysis was performed using logistic regression.*

Results: *The study found that 38.2% of children had malnutrition, predominantly characterized by overnutrition. There was a significant relationship between individual and household food diversity and nutritional status, with p-values of 0.042 ($p < 0.05$) and 0.038 ($p < 0.05$).*

Conclusion: *There was a significant relationship between dietary diversity and the nutritional status of Satoe Atap children. However, no significant relationship was found between food coping strategy practices and children's nutritional status.*

Keywords: *nutritional status, satoe atap, food coping strategy, food diversity*

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

ayugentas@gmail.com¹, adriyanpramono@fk.undip.ac.id¹, ayurahadiyanti@fk.undip.ac.id¹,

mutiahms@fk.undip.ac.id¹