

# Hubungan Ketahanan Pangan dan Faktor Lainnya dengan Kejadian Underweight pada Anak Usia 24-59 Bulan di Kecamatan Tanjung Priok Jakarta Utara Tahun 2023 = The Relationship between Food Security and Other Factors with the Incidence of Underweight among Children Aged 24-59 Months in Tanjung Priok Subdistrict North Jakarta in 2023

Jihan Farhanah, author

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## Abstrak

Latar Belakang: Underweight merupakan masalah gizi yang dapat dialami oleh anak berusia di bawah 5 tahun yang jika tidak segera ditangani dapat mengakibatkan wasting dan stunting (WHO, 2019). Tujuan: Penelitian ini bertujuan mengetahui hubungan ketahanan pangan dan faktor lainnya dengan kejadian underweight pada anak usia 24-59 bulan di Kecamatan Tanjung Priok, Jakarta Utara. Metode: Penelitian ini menggunakan desain studi cross sectional dengan menggunakan pengumpulan data primer pada Juni 2023 dan teknik simple random sampling dengan total sampel sebanyak 184 anak usia 24-59 bulan. Pengumpulan data dilakukan dengan cara pengukuran antropometri, wawancara kuesioner, Semi Quantitative Food Frequency dan food recall 1x24 jam. Analisis data yang dilakukan berupa analisis bivariat menggunakan uji Chi-Square dan multivariat menggunakan uji Regresi Logistik Ganda. Hasil: Hasil penelitian menunjukkan bahwa sebanyak 17,4% anak usia 24-59 bulan di Kecamatan Tanjung Priok mengalami underweight. Berdasarkan analisis bivariat, penelitian ini menunjukkan bahwa terdapat 6 variabel yang berhubungan signifikan dengan underweight pada anak usia 24-59 bulan, yaitu asupan energi (p-value = 0,001), asupan lemak (p-value = 0,000), asupan karbohidrat (p-value = 0,011), riwayat BBLR (p-value = 0,010), ketahanan pangan rumah tangga (p-value = 0,023), dan pengetahuan gizi ibu atau pengasuh (p-value = 0,026). Selain itu, hasil multivariat menunjukkan bahwa riwayat BBLR (OR=5,1; 95%CI=1,564 – 16,866) sebagai faktor dominan kejadian underweight pada anak usia 24-59 bulan di Kecamatan Tanjung Priok. Kesimpulan: Secara analisis statistik, asupan energi, asupan lemak, asupan karbohidrat, ketahanan pangan rumah tangga dan pengetahuan ibu atau pengasuh berhubungan signifikan dengan kejadian underweight anak usia 24-59 bulan.

.....Background: Underweight is a nutritional problem that can be experienced by children under 5 years old. If it persists for a long time and not treated immediately, underweight can result in wasting and stunting (WHO, 2019). Objective: This study aims to determine the relationship between food security and other factors with the incidence of underweight in children aged 24-59 months in Tanjung Priok Subdistrict, North Jakarta. Method: This research uses a cross-sectional study design with primary data collection in June 2023. The sampling technique used is simple random sampling with a total sample of 184 children aged 24-59 months in Tanjung Priok Subdistrict. Data collection is conducted through anthropometric measurements, questionnaire interviews, Semi Quantitative Food Frequency and 24-hour food recall. The data analysis includes univariate analysis, bivariate analysis using the Chi-Square test, and multivariate analysis using the Multiple Logistic Regression test. Results: This research show that 17,4% of children aged 24-59 months in Tanjung Priok Subdistrict experience underweight. Based on bivariate analysis, this study indicates that there are six variables significantly associated with underweight in children aged 24-59 months, namely energy intake (p-value = 0,001), fat intake (p-value = 0,000), carbohydrate intake (p-value =

0,011), history of low birth weight (p-value = 0,010), household food security (p-value = 0,023), and maternal or caregiver nutrition knowledge (p-value = 0,026). Furthermore, the multivariate results show that a history of low birth weight (OR=5,1; 95%CI=1,564 – 16,866) is the dominant factor for underweight in children aged 24-59 months in Tanjung Priok Subdistrict. Conclusion: Based on statistical analysis, energy intake, fat intake, carbohydrate intake, household food security, and maternal or caregiver nutrition knowledge are significantly associated with underweight in children aged 24-59 months.