

# Hubungan Ketercapaian Minimum Dietary Diversity pada Anak Usia 6-23 Bulan dengan Status Gizi pada Kondisi COVID-19 di Jakarta Timur tahun 2020 = Association between Minimum Dietary Diversity Practice in Children Aged 6-23 Months with Nutritional Status during COVID-19 in East Jakarta 2020

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## Abstrak

Latar belakang: Dampak malnutrisi seperti stunting, wasting, dan underweight pada 1000 hari pertama kehidupan irreversible, namun dapat dicegah dengan makanan pendamping ASI yang berkualitas. Penelitian ini bertujuan untuk mengetahui hubungan ketercapaian minimum dietary diversity (MDD) dengan status gizi anak usia 6-23 bulan di Jakarta Timur pada pandemi COVID-19 tahun 2020. Metode: Studi cross-sectional ini menggunakan data sekunder penelitian di Jakarta Timur, dengan jumlah sampel 102 subjek berusia 6-23 bulan. Data terkait MDD diperoleh melalui food recall 24 jam yang kemudian dimasukkan ke dalam kuesioner MDD. Data terkait usia, jenis kelamin, tingkat pendidikan ibu, dan pendapatan rumah tangga juga dianalisis dalam penelitian ini. Analisis data dilakukan melalui uji chi square dan regresi logistik menggunakan aplikasi SPSS Statistics versi 25. Hasil: Mayoritas subjek penelitian berusia 12-17 bulan (39,2%) dengan proporsi yang sama antara laki-laki dan perempuan. Sebanyak 52% subjek mencapai MDD pada asupan hari sebelumnya. Stunting merupakan status gizi terbanyak (20,6%) dibandingkan dengan wasting (15,7%) dan underweight (12,7%). Tidak ditemukan hubungan signifikan antara ketercapaian MDD dan status gizi subjek, tetapi jenis kelamin dianggap berhubungan dengan stunting ( $p=0,003$ ; 95% CI=1,81-19,03) dan underweight ( $p=0,012$ ; 95% CI =1,54-36,73). Kesimpulan: Dalam menganalisis hubungan kualitas asupan dengan status gizi, aspek lain seperti jumlah asupan juga perlu diperhatikan.

.....the 1000 first days of life are irreversible, but could be prevented by giving high quality complementary feeding practice. This study aims to examine the relationship between achievement of minimum dietary diversity (MDD) with nutritional status among children aged 6-23 months in East Jakarta during the 2020 COVID-19 pandemic. Method: This cross-sectional study used secondary data from a research in Kampung Melayu Village, East Jakarta, with a total sampling of 102 subjects aged 6-23 months. Data related to MDD was obtained through a 24-hour food recall, which was then entered into the MDD achievement questionnaire. Data related to age, gender, mother's education level, and household income were also analyzed in this study. Data analysis was carried out through the chi square test and logistic regression using SPSS Statistics application version 25. Result: Majority of subjects in the study were 12-17 months (39.2%) and with an equal proportion between male and female. A total of 52% of subjects achieved MDD on the previous day's food intake. Stunting is the most prevalent nutritional status (20.6%) compared to wasting (15.7%) and underweight (12.7%). No significant relationship was found between the achievement of MDD and the nutritional status of the subjects, but gender was considered to be related to stunting ( $p=0.003$ ; 95% CI=1.81-19.03) and underweight ( $p=0.012$ ; 95% CI=1.54-36.73). Conclusion: In analyzing the relationship between the quality of intake and nutritional status, other aspects such as the amount of intake also need to be taken into account.