

Faktor-Faktor yang Berhubungan dengan Keragaman Konsumsi Pangan Anak Usia 24-59 Bulan di Kecamatan Tanjung Priok Jakarta Utara Tahun 2023 = Factors Associated with Dietary Diversity of Food Consumption of Children Aged 24-59 Months in Tanjung Priok District, North Jakarta in 2023

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Abstrak

Latar belakang: Kejadian malnutrisi pada anak dapat terjadi karena mengonsumsi makanan yang tidak beragam sehingga asupan zat gizi tidak adekuat (UNICEF,2020). (UNICEF, 2020). Keragaman konsumsi pangan yang tinggi berhubungan dengan rendahnya kejadian stunting dan underweight pada balita (Modjadji et al., 2020). Keragaman konsumsi pangan tersebut mengacu pada peningkatan konsumsi berbagai jenis kelompok bahan makanan yang dapat memenuhi zat gizi untuk kesehatan yang optimal.

Kualitas gizi dan kelengkapan zat gizi dipengaruhi oleh keberagaman asupan makanan yang dikonsumsi.

Tujuan: Mengetahui faktor-faktor yang berhubungan dengan keragaman konsumsi pangan anak dan faktor dominan terhadap keragaman konsumsi pangan pada anak usia 24-59 bulan di Kecamatan Tanjung Priok Jakarta Utara tahun 2023.

Metode: desain penelitian yang digunakan adalah cross-sectional dengan jumlah sampel 188 anak usia 24-59 bulan di Kecamatan Tanjung Priok selama bulan Juni 2023. Teknik sampling yang digunakan adalah simple random sampling. Penelitian dilakukan di tiga kelurahan terpilih, yaitu Kelurahan Kebon Bawang, Kelurahan Sunter Jaya, dan Kelurahan Warakas. Skor keragaman konsumsi pangan diambil menggunakan food recall 1x24 jam berdasarkan 9 kelompok pangan dan dikategorikan menjadi tidak beragam (< 5 kelompok pangan) dan (5 kelompok pangan). Analisis penelitian ini menggunakan uji chi-square dan uji regresi logistik ganda.

Hasil: Hasil penelitian menggunakan menunjukkan adanya hubungan yang signifikan antara status pekerjaan ayah (p value = 0,022) dengan keragaman konsumsi pangan anak, pengetahuan gizi ibu/pengasuh (p value = 0,036) dengan keragaman konsumsi pangan anak, dan ketahanan pangan (p value = 0,030) dengan keragaman konsumsi pangan anak. Hasil analisis regresi logistik ganda menunjukkan bahwa status pekerjaan ayah merupakan faktor dominan dari keragaman konsumsi pangan anak (OR = 67,5).

Kesimpulan: Status pekerjaan ayah menjadi faktor dominan keragaman konsumsi pangan anak usia 24-59 bulan di Kecamatan Tanjung Priok Jakarta Utara tahun 2023

.....Background: Malnutrition in children can occur due to consuming foods that are not diverse, so the intake of nutrients is not adequate (UNICEF, 2020). A high diversity of food consumption is associated with a lower incidence of stunting and underweight in toddlers (Modjadji et al., 2020). Diversity in food consumption refers to increased consumption of various types of food groups that can fulfill nutrients for optimal health. Nutritional quality and completeness of nutrients are influenced by the diversity of food intake consumed.

Objective: To find out the factors related to the dietary diversity of children's and the dominant factors on the dietary diversity of food consumption in children aged 24-59 months in Tanjung Priok District, North Jakarta in 2023.

Method: The method of this research is cross-sectional with a sample size of 188 children aged 24- 59 months in Tanjung Priok District during June 2023. The sampling technique used was simple random sampling. The research was conducted in three selected subdistricts, namely Kebon Bawang Subdistrict, Sunter Jaya Subdistrict, and Warakas Subdistrict. Food consumption diversity scores were taken using a 1x24 hour food recall based on 9 food groups and categorized into non-diverse (< 5 food groups) and (5 food groups). The analysis of this study used the chi-square test and multiple logistic regression tests.

Results: The results of the study showed that there was a significant relationship between the father's employment status (p value = 0.022) and the diversity of children's food consumption, the nutritional knowledge of mothers/caregivers (p value = 0.036) with the diversity of children's food consumption, and food security (p value = 0.030) with the diversity of children's food consumption. The results of multiple logistic regression analysis showed that the father's employment status was the dominant factor in the diversity of children's food consumption (OR = 67,5).

Conclusion: Father's employment status is the dominant factor in the diversity of food consumption for children aged 24- 59 months in Tanjung Priok District, North Jakarta in 2023.