

# Analisis Determinan Frekuensi Pemenuhan Gizi Seimbang pada Nasabah Foodbank of Indonesia di Provinsi DKI Jakarta Tahun 2023 = Determinant Analysis of the Frequency of Balanced Nutrition Fulfillment among Foodbank of Indonesia Costumers in Province of DKI Jakarta in 2023

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## Abstrak

Asupan gizi seimbang merupakan hal yang penting karena dapat memengaruhi kondisi gizi sehingga memengaruhi kesehatan individu dan masyarakat. Namun, pola konsumsi pangan masyarakat berpenghasilan rendah di DKI Jakarta belum sesuai dengan pesan gizi seimbang karena kondisi perekonomian yang tidak mendukung. Pemerintah dan Lembaga Swadaya Masyarakat (LSM), seperti Foodbank of Indonesia (FOI), telah menjalankan program perlindungan sosial untuk mengatasi kemiskinan dan kerentanan sosial masyarakat, namun masyarakat tetap kesulitan untuk memenuhi kebutuhan pangannya. Penelitian ini bertujuan untuk memetakan determinan yang berhubungan dengan frekuensi pemenuhan gizi seimbang pada nasabah FOI di Provinsi DKI Jakarta. Desain penelitian yang digunakan ialah cross-sectional dengan sampel sebanyak 321 nasabah FOI (usia  $\geq$  21 tahun) di Provinsi DKI Jakarta menggunakan metode convenience sampling. Instrumen yang digunakan adalah hasil adaptasi dan modifikasi dari 7-Days Quantitative-FFQ (Food Frequency Questionnaire), Pearlin's Chronic Strain, AFSSM (Adult Food Security Survey Module), LTE (Life-Threatening Event), dan PHQ (Patient Health Questionnaire). Pengambilan data telah dilakukan pada bulan Juli-November 2023 dengan melakukan wawancara berbasis kuesioner dan menyebarkan kuesioner. Hasil penelitian menunjukkan bahwa terdapat hubungan yang signifikan antara tingkat ketegangan finansial ( $p=0,053$ ; OR=2,521; 95% CI 1,055-6,026), tingkat ketahanan pangan ( $p=0,029$ ; OR=2,728; 95% CI 1,167-6,379), tingkat pendidikan ( $p=0,041$ ; OR=2,644; 95% CI 1,106-6,319), dan tingkat depresi dan kecemasan ( $p=0,008$ ; OR=3,484; 95% CI 1,412-8,598) dengan frekuensi pemenuhan gizi seimbang.

.....A balanced nutritional intake is important because it can affect nutritional conditions, thus affecting individual and community health. However, the food consumption patterns of low-income communities in DKI Jakarta are not in line with the balanced nutritional guidelines due to unfavorable economic conditions. Government and non-governmental organizations (NGOs) such as the Foodbank of Indonesia (FOI) have implemented social protection programs to address poverty and social vulnerability, but people still struggle to meet their food requirements. This study aims to map the determinants associated with the frequency of fulfilling balanced nutrition among FOI customers in Province of DKI Jakarta. The research design used was cross-sectional with a sample of 321 FOI customers (aged  $\geq$  21 years old) in DKI Jakarta using the convenience sampling method. The instruments used were adaptations and modifications of the 7-Days Quantitative-FFQ (Food Frequency Questionnaire), Pearlin's Chronic Strain, AFSSM (Adult Food Security Survey Module), LTE (Life-Threatening Event), and PHQ (Patient Health Questionnaire). Data collection was carried out in July-November 2023 by conducting questionnaire-based interviews and distributing questionnaires. The results showed that there was a significant association between the level of financial strain ( $p=0.053$ ; OR=2.521; 95% CI 1.055-6.026), level of food security ( $p=0.029$ ; OR=2.728; 95% CI

1.167-6.379), level of education ( $p=0.041$ ; OR=2.644; 95% CI 1.106-6.319), and level of depression and anxiety ( $p=0.008$ ; OR=3.484; 95% CI 1.412-8.598) with the frequency of fulfilling balanced nutrition.