

Hubungan antara Social Eating dan Kualitas Diet pada Wanita Usia Subur di Indonesia = Association between Social Eating and Diet Quality among Women of Reproductive Age in Indonesia

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Abstrak

<i>Social eating, defined as eating companion and eating practice, is correlated with modern dietary habits, which was characterized by a diet high in saturated fats, sugar, refined products, low fiber-rich foods, and thus, a low quality diet. This study aimed to assess the association between social eating and diet quality in women of reproductive age. This study used data collected from the SCRIPT study conducted by SEAMEO RECFON in 6 provinces (Jakarta, West Java, East Java, West Sumatera, Bali, and South Sulawesi). Dietary and social eating data was collected using a 24-H food recall. The diet quality was measured by the HEI-2015 Score. Eating companion is defined as eating alone and eating together, while eating practice was defined as eating outside, at home, and at home but the meal comes from outside. Both variables were defined for breakfast, lunch, and dinner. The analysis used to determine the association between variables was compare the mean differences (Independent T-test/Mann-whitney and ANOVA/Kruskal-walis) and Spearman correlation test, then multivariate analysis used the stepwise method to obtain the dominant factors that affect the diet quality in women of reproductive age. The mean HEI-2015 score was 39.78. Most subjects had the lowest consumption for total fruits, whole fruits, whole grains, dairy, and fatty acids. In contrast, the consumption of refined grains was high. Eating out of home was practiced by 9.4%, 10.7%, and 5.6% for breakfast, lunch, and dinner respectively; while the practice of eating at home but the meal comes from outside was 31.6%, 23.2%, and 32.3% respectively. Eating alone was practiced by 61.2%, 58.4%, and 47.4% for breakfast, lunch, and dinner respectively. Eating at home during breakfast was associated significantly with diet quality, but there was no significant association between eating companion and diet quality. The dominant factors associated with diet quality among women of reproductive age were income level and eating practice during breakfast. The present study results are useful that provide an overview of the diet quality in women of reproductive age in Indonesia and its factors. This can be used as a basis for improving the diet quality in women of reproductive age, especially the information of food groups that need to be improved and food groups that need to be limited in consumption.</i>

.....Social eating didefinisikan sebagai eating companion dan praktik makan, telah terbukti berhubungan dengan kebiasaan diet modern, yang ditandai dengan diet tinggi lemak jenuh, gula, produk olahan, makanan rendah serat dan dengan demikian, diet berkualitas rendah. Penelitian ini bertujuan untuk menilai hubungan antara social eating dengan kualitas diet pada wanita usia subur (18-45 tahun). Penelitian ini menggunakan data yang dikumpulkan dari studi SCRIPT oleh SEAMEO RECFON di 6 provinsi (Jakarta, Jawa Barat, Jawa Timur, Sumatera Barat, Bali, dan Sulawesi Selatan). Data diet dan social eating dikumpulkan menggunakan food recall 1x24 jam. Kualitas diet diukur dengan Skor HEI-2015. Eating companion dibagi menjadi makan sendiri dan makan bersama, sedangkan praktik makan dibagi menjadi makan diluar, di rumah, dan di rumah dengan makanan dari luar. Kedua variabel dilihat untuk waktu sarapan, makan siang, dan makan malam. Analisis yang digunakan untuk menentukan hubungan antar variabel adalah membandingkan perbedaan rerata (Independent T-test/Mann-whitney dan ANOVA/Kruskal-walis) dan

Spearman correlation test, selanjutnya analisis multivaraite dengan metode stepwise untuk mendapatkan faktor dominan yang mempengaruhi kualitas diet pada wanita usia subur. HEI-2015 adalah 39,78. Sebagian besar subjek memiliki konsumsi terendah untuk total buah, buah utuh, biji-bijian, susu, dan asam lemak. Sebaliknya, konsumsi biji-bijian olahan tinggi. Makan di luar rumah masing-masing sebesar 9,4%, 10,7% dan 5,6% untuk sarapan, makan siang, dan makan malam; sedangkan praktik makan di rumah dengan makanan yang berasal dari luar masing-masing sebesar 31,6%, 23,2% dan 32,3%. Makan sendiri sebesar 61,2%, 58,4% dan 47,4% masing-masing untuk sarapan, makan siang dan makan malam. Makan di rumah saat sarapan berhubungan secara signifikan dengan kualitas diet, tetapi tidak ada hubungan yang signifikan antara eating companion dan kualitas diet. Faktor dominan yang berhubungan dengan kualitas diet pada wanita usia subur adalah tingkat pendapatan dan pola makan saat sarapan. Hasil penelitian ini bermanfaat untuk memberikan gambaran tentang kualitas diet pada wanita usia subur di Indonesia dan faktor-faktor yang berhubungan. Hasil ini dapat dijadikan dasar untuk meningkatkan kualitas diet pada wanita usia subur, terutama informasi terkait konsumsi kelompok makanan yang perlu ditingkatkan dan kelompok makanan yang perlu dibatasi.