

Hubungan Kerawanan Pangan Rumah Tangga dan Kelahiran Bayi Berat Lahir Rendah di Indonesia = The Association of Household Food Insecurity and Low Birth Weight in Indonesia

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Abstrak

Ketahanan pangan selama kehamilan sangat mungkin terjadi salah satunya dikarenakan pada saat hamil terjadi kenaikan demand konsumsi pangan. Konsekuensi kerawanan pangan pada ibu hamil tidak hanya mengganggu kesehatan ibu, melainkan juga perkembangan dan pertumbuhan janin. Beberapa penelitian menemukan adanya hubungan kerawanan pangan dan kelahiran bayi berat lahir rendah (BBLR), namun sedikit penelitian yang melihat konsekuensi tingkatan keparahan kerawanan pangan dan mengaitkannya dengan kelahiran BBLR. Penelitian ini bertujuan untuk melihat hubungan tingkatan keparahan kerawanan pangan dan kelahiran BBLR. Dengan menggunakan data Susenas Maret 2020, hasil regresi logistik biner menunjukkan adanya hubungan yang signifikan antara kerawanan pangan rumah tangga dan kelahiran BBLR. Semakin parah tingkat kerawanan pangan rumah tangga, semakin besar kecenderungan kelahiran BBLR yang mungkin dialami oleh perempuan di rumah tangga tersebut. Akan tetapi, penelitian ini tidak dapat menunjukkan adanya perbedaan kecenderungan kelahiran BBLR antara perempuan dengan rawan pangan ringan dan perempuan dengan tahan pangan. Hasil penghitungan marginal effect menunjukkan perubahan peluang kelahiran BBLR semakin besar seiring keparahan kerawanan pangan. Peluang kelahiran BBLR naik sebesar 5,5 persen ketika ibu hamil mengalami kerawanan pangan sedang dan naik sebesar 10 persen ketika ibu hamil mengalami kerawanan pangan berat (dibandingkan ibu hamil tahan pangan). Apabila ibu hamil sebelumnya mengalami kerawanan pangan sedang kemudian meningkat keparahannya menjadi rawan pangan berat, peluang kelahiran BBLR meningkat sebesar 4,5 persen. Sementara itu, pendidikan ibu, akses internet ibu, status bekerja ibu, dan tipe daerah tempat tinggal signifikan berhubungan dengan kecenderungan kelahiran BBLR. Hal tersebut mengindikasikan pentingnya akses pangan, pengetahuan, dan kesejahteraan ibu guna mencegah asupan nutrisi yang kurang saat hamil.

.....Food security during pregnancy is very likely to occur because of increasing in food consumption demand. Food insecurity during pregnancy effects both mother's health and the development and growth of the fetus. Several studies have showed that food insecurity is associated with low birth weight (LBW), but few studies have looked at the consequences of the severity of food insecurity and associated it with LBW. This study aims to see the association between the severity of food insecurity and LBW. Using the March 2020 Susenas data, the results of the binary logistic regression showed a significant association between household food insecurity and LBW births. The more severe the level of household food insecurity, the greater the likelihood for LBW to be experienced by women in the household. However, this study could not show that odds of low birth weight between women with mild food insecurity and women who food secured different. The analysis of the marginal effect show that the change in the probability of LBW increases along with the severity of food insecurity. The probability of LBW increases by 5.5 percent when pregnant women experience moderate food insecurity and increases by 10 percent when pregnant women experience severe food insecurity (compared to food secure pregnant women). If pregnant women previously experienced moderate food insecurity and then become severe food insecurity, the probability of LBW

increased by 4.5 percent. Meanwhile, mother's education, mother's internet access, mother's working status, and type of area of residence are significantly associated with LBW. This indicates the importance of access to food, knowledge, and maternal welfare in order to prevent malnutrition during pregnancy.