

Hubungan Keragaman Pangan dan Riwayat ASI Eksklusif dengan Status Gizi Balita Usia 6-59 Bulan di Seyegan Sleman

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INTISARI

Latar Belakang: Pola makan utama balita di negara berkembang seperti Indonesia masih mengandalkan makanan pokok sereal dengan kurangnya asupan protein hewani, buah-buahan dan sayuran. Pola makan yang kurang beragam meningkatkan kemungkinan timbulnya masalah gizi seperti *underweight*, *stunting*, dan *wasting* pada balita. Selain itu, pertumbuhan dan perkembangan balita dipengaruhi oleh jumlah zat gizi yang dikonsumsi, kebutuhan zat gizi ini sebagian besar dapat terpenuhi dengan pemberian ASI yang cukup.

Tujuan: Mengetahui hubungan keragaman pangan dan riwayat ASI eksklusif dengan status gizi pada balita usia 6-59 bulan di Kecamatan Seyegan

Metode: Penelitian observasional dengan menggunakan rancangan penelitian *cross sectional*. Responden adalah pasangan ibu dan balita usia 6-59 bulan berjumlah 70 responden yang didapatkan dengan teknik *consecutive sampling*. Analisis yang digunakan dalam penelitian ini yaitu uji *Fisher's Exact* dan uji *Mann Whitney*.

Hasil: Hasil analisis menunjukkan terdapat 27,1%, balita *underweight*, 35,7%, *stunting* dan 18,6% balita *wasting*. Balita sudah mengonsumsi makanan yang beragam (≥ 4 kelompok pangan) (92,9%), mendapatkan ASI secara eksklusif (77,1%). Keragaman pangan dan riwayat ASI eksklusif tidak berhubungan secara signifikan dengan status gizi balita ($p < 0,05$).

Kesimpulan: Berdasarkan indikator masalah kesehatan masyarakat dari WHO, prevalensi *underweight* dan *stunting* termasuk dalam kategori tinggi, dan prevalensi *wasting* termasuk dalam kategori sangat tinggi. Tidak ditemukan hubungan signifikan antara keragaman pangan dan riwayat ASI eksklusif dengan status gizi balita

Kata Kunci: balita, status gizi, keragaman pangan, riwayat ASI eksklusif

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**The Relationship Between Dietary Diversity and Exclusive Breastfeeding
History with the Nutritional Status of Children Under 6-59 Months in
Seyegan, Sleman**

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ABSTRACT

Background: The main diet of toddlers in developing countries such as Indonesia still relies on cereal staples with a lack of intake of animal protein, fruits and vegetables. A less diverse diet increases the likelihood of nutritional problems such as underweight, stunting and wasting in toddlers. In addition, the growth and development of toddlers is influenced by the amount of nutrients consumed, the need for these nutrients can largely be met by adequate breastfeeding.

Objective: To determine the relationship between dietary diversity and exclusive breastfeeding history with nutritional status of children under 6-59 months in Seyegan Sub-district.

Methods: Observational study using *cross sectional* research design. Respondents were mother and toddler pairs aged 6-59 months totalling 70 respondents obtained by consecutive sampling technique. The analyses used in this study were Fisher's Exact test and Mann Whitney test.

Results: The results of the analysis showed that there were 27.1%, underweight toddlers, 35.7%, stunting and 18.6% wasting toddlers. Toddlers have consumed a diverse diet (≥ 4 food groups) (92.9%), exclusively breastfed (77.1%). Food diversity and exclusive breastfeeding history were not significantly associated with the nutritional status of children under five ($p < 0.05$).

Conclusion: Based on WHO indicators of public health problems, the prevalence of underweight and stunting is high, and the prevalence of wasting is very high.

Keywords: toddlers, nutritional status, dietary diversity, exclusive breastfeeding history

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