

HUBUNGAN ANTARA AKSES TERHADAP PANGAN DAN TINGKAT KERAGAMAN ASUPAN PANGAN DENGAN STATUS GIZI PADA SISWA SEKOLAH DASAR DI KECAMATAN KALIBAWANG DAN SENTOLO

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ABSTRAK

Latar Belakang: Gangguan status gizi biasa ditemukan di Kecamatan Kalibawang dan Sentolo. Status gizi dipengaruhi oleh asupan makan yang beragam dan penyakit infeksi. Akses terhadap pangan yang baik akan membentuk kebiasaan pola makan yang beragam bagi anak untuk mengoptimalkan perbaikan status gizi. **Tujuan:** Mengetahui hubungan akses terhadap pangan dan tingkat keragaman asupan pangan dengan status gizi siswa sekolah dasar di Kecamatan Kalibawang dan Sentolo. **Metode:** Penelitian observasional analitik dengan desain *cross sectional* pada siswa sekolah dasar kelas 1-6 berjumlah 382 (laki-laki = 191, perempuan = 191) yang telah memenuhi kriteria inklusi dan eksklusi. Sampel diambil menggunakan metode *consecutive sampling*. Instrumen yang digunakan, yaitu kuesioner akses pangan untuk mengetahui kemudahan akses pangan, kuesioner *Individu Dietary Diversity Score* untuk mengukur tingkat keragaman asupan pangan, data tinggi badan dan berat badan untuk mengukur status gizi, WHO-Anthro plus untuk pengelompokkan status gizi, serta form *Recall-24* jam untuk penggalan asupan makan harian. Uji Statistik yang digunakan adalah uji *Spearman Correlation* dan *Kruskal-Wallis H*. **Hasil:** Terdapat perbedaan skor akses pangan pada setiap kategori status gizi ($p=0.027$). Terdapat hubungan yang korelasinya sangat lemah dan searah antara akses pangan dengan status gizi ($r_s=0,117$; $p=0,023$), tidak terdapat hubungan antara tingkat keragaman pangan dengan status gizi ($p=0,788$), dan terdapat hubungan yang korelasinya sangat lemah dan searah antara akses pangan dengan tingkat keragaman asupan pangan ($r_s=0,126$; $p=0,015$). **Kesimpulan:** status gizi berhubungan dengan akses terhadap pangan, tetapi tidak berhubungan dengan tingkat keragaman asupan pangan.

Kata Kunci : anak; akses pangan; status gizi; tingkat keragaman asupan pangan

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**THE RELATIONSHIP BETWEEN ACCESS TO FOOD AND THE LEVEL OF
DIVERSITY OF FOOD INTAKE WITH NUTRITIONAL STATUS
PRIMARY SCHOOL STUDENTS
IN KALIBAWANG AND SENTOLO SUB-DISTRICTS**

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ABSTRACT

Background: Nutritional status disorders are commonly found in Kalibawang and Sentolo districts. Nutritional status is affected by varied dietary intake and infectious diseases. Access to good food will form varied eating habits for children to optimize their growth, optimum growth of flowers will help children reach normal nutritional status. **Objective:** To know the relationship between access to food and the level of diversity of food intake with the nutritional status of primary school students in Kalibawang and Sentolo districts. **Methods:** Analytical observational research with cross sectional design in elementary school students of the 1st to 6th grades totaled 382 (men = 191, women = 191) who have met the inclusion and exclusion criteria. Samples were taken using consecutive sampling. Instrumens used, namely, a food access questionnaire to determine the ease of access to food, an Individual Dietary Diversity Score to measure the level of food intake diversity, height and weight data for measuring nutritional status, WHO-Anthro plus for grouping nutrition status, and a Recall-24 hour form for digging daily meal intake. The statistical test used is the Spearman Correlation test and Kruskal-Wallis test. **Results:** There are differences in the scores of food access scores in each nutritional status category ($p=0.027$). There is a very weak and unidirectional correlation between food access and nutritional status ($r_s=0.117$; $p=0.023$), there is no relationship between the level of food diversity and nutritional status ($p=0.788$), and there was a very weak and unidirectional correlation between food access the level of food diversity ($r_s=0.126$; $p=0.015$). **Conclusion:** nutritional state of elementary school students relates to access to the food, but does not relate to the extent of nutritional diversity.

Keyword : children; food access; nutritional status; level of diversity of food intake

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