

INTISARI

HUBUNGAN ANTARA POLA ASUH DALAM PEMBERIAN MAKAN DAN PAPARAN ASAP ROKOK DENGAN STATUS GIZI (IMT/U) SISWA SEKOLAH DASAR DI KULON PROGO

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Latar belakang: Malnutrisi menjadi salah satu fokus utama masalah kesehatan yang perlu diselesaikan pada tahun 2030. Malnutrisi pada anak dapat disebabkan oleh berbagai faktor, beberapa di antaranya adalah pola asuh dalam memberikan makanan serta paparan asap rokok dalam keluarga. **Tujuan:** Mengetahui hubungan antara pola asuh dalam memberikan makanan serta paparan asap rokok (jumlah anggota keluarga yang merokok, durasi terpapar asap rokok, dan jenis rokok yang digunakan) dengan status gizi anak. **Metode:** Penelitian ini merupakan penelitian analitik dengan desain studi *cross-sectional*. Subjek penelitian merupakan siswa sekolah dasar di Kabupaten Kulon Progo yang berusia 5-12 tahun dan diperoleh melalui teknik *consecutive sampling* ($n = 367$). Data penelitian menggunakan data sekunder yang diperoleh dari hasil pengisian kuesioner oleh orang tua/wali siswa dan pengukuran antropometri. Adapun hubungan antarvariabel diuji menggunakan uji *rank spearman*. **Hasil:** Dari 367 siswa, 17 anak di antaranya berstatus gizi buruk (4,63%), 36 siswa berstatus gizi kurang (9,81%), 260 siswa berstatus gizi normal (70,84%), 32 siswa berstatus gizi lebih (8,72%), dan 22 siswa obesitas (6%). Analisis bivariat menunjukkan tidak terdapat hubungan antara pola asuh dalam memberikan makanan ($\rho = 0,08$; $p = 0,152$), durasi terpapar asap rokok ($\rho = -0,10$; $p = 0,128$), dan jenis rokok yang digunakan ($\rho = 0,09$; $p = 0,167$) dengan status gizi anak. Sementara itu, jumlah anggota keluarga yang merokok berhubungan dengan status gizi anak ($\rho = -0,13$; $p = 0,042$). **Kesimpulan:** Jumlah anggota keluarga yang merokok berhubungan dengan status gizi anak, di mana semakin banyak anggota keluarga yang merokok, semakin berkurang pula status gizinya. Selain itu, pola asuh pemberian makan, durasi terpapar asap rokok, dan jenis rokok yang diisap tidak berhubungan dengan status gizi anak.

Kata kunci: pola asuh dalam memberikan makanan; paparan asap rokok; status gizi anak; malnutrisi

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ABSTRACT

THE RELATIONSHIP BETWEEN PARENTING PATTERNS IN FEEDING AND EXPOSURE TO CIGARETTE SMOKE WITH THE NUTRITIONAL STATUS (BMI-FOR-AGE) OF ELEMENTARY SCHOOL STUDENTS IN KULON PROGO REGENCY

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Background: Malnutrition is one of the main focuses of health problems that need to be solved by 2030. Malnutrition in children can be caused by various factors, some of them are parenting patterns in feeding and exposure to cigarette smoke in the family. **Objective:** Determining the relationship between parenting patterns in feeding and exposure to cigarette smoke (the number of family members who smoke, duration of exposure to cigarette smoke, and type of cigarettes used) with the nutritional status of children. **Methods:** This research study is analytical research with a cross-sectional study design. The research subjects were elementary school students in Kulon Progo Regency aged 5-12 years and obtained through consecutive sampling techniques ($n = 367$). The research data used secondary data obtained from the results of filling out questionnaires by parent or guardian and anthropometric measurements. While, the relationship between variables was tested using rank spearman. **Results:** Of the 367 students, 17 of them were malnourished (4.63%), 36 were undernourished (9.81%), 260 were normal (70.84%), 32 were overnourished (8.72%), and 22 were obese (6%). Bivariate test analysis showed that there was no relationship between parenting patterns in feeding ($\rho = 0.08$; $p = 0.152$), duration of exposure to cigarette smoke ($\rho = -0.10$; $p = 0.128$), and type of cigarette used ($\rho = 0.09$; $p = 0.167$) with the child's nutritional status. However, the number of family members who smoked was related to child's nutritional status ($\rho = -0.13$; $p = 0.042$). **Conclusion:** The number of family members who smoked is related to the nutritional status of children, where the more family members smoke, the less their nutritional status. Moreover, parenting patterns in feeding, duration of exposure to cigarette smoke, and type of cigarette used are not related to the child's nutritional status.

Keywords: parenting patterns in feeding; exposure to cigarette smoke; child's nutritional status; malnutrition

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