

HUBUNGAN ANTARA *FOOD WASTE ATTITUDE* DAN PERILAKU IBU DALAM MEMENUHI GIZI BALITA DENGAN STATUS GIZI BALITA DI WILAYAH PUSKESMAS UMBULHARJO

Adistyani Humaimah Cahyarini¹, Dwi Budiningsari², Marina Hardiyanti³

ABSTRAK

Latar Belakang: *Food waste* merupakan salah satu faktor yang menyebabkan peningkatan krisis pangan. Di Indonesia, penyumbang *food waste* terbesar berasal dari sampah rumah tangga. Salah satu dampak dari kurangnya manajemen *food waste* rumah tangga adalah terjadinya ketidakcukupan nutrisi pada anggota keluarga, termasuk balita. Pada balita, kurangnya asupan nutrisi dapat mengakibatkan berbagai masalah pertumbuhan. Kekurangan asupan gizi juga dapat disebabkan oleh perilaku ibu yang kurang baik dalam memenuhi gizi anaknya.

Tujuan: Penelitian dilakukan untuk mengetahui hubungan antara *food waste attitude* dan perilaku ibu dalam memenuhi gizi dengan status gizi balita di wilayah Puskesmas Umbulharjo.

Metode: Penelitian ini dilakukan dengan menggunakan desain penelitian *cross-sectional* dengan *cluster sampling* sebagai metode pengambilan sampel. Subjek penelitian ini adalah pasangan ibu dan balita yang memenuhi kriteria inklusi dan eksklusi, yaitu sebanyak 102 orang. *Food waste attitude* dan perilaku ibu dalam memenuhi gizi anak diukur melalui kuesioner, sedangkan status gizi balita dinilai menggunakan nilai *z-score* status gizi TB/U dan BB/U yang didapat melalui pengukuran antropometri.

Hasil: Sebesar 97,8% responden ibu, tergolong dalam *food waste attitude positive*. Sedangkan pada variabel perilaku ibu dalam memenuhi gizi anak, sebesar 88,24% responden ibu tergolong memiliki perilaku yang baik. Berdasarkan status gizi TB/U sebanyak 84,3% anak diinterpretasikan memiliki status gizi normal, sedangkan untuk BB/U, sebanyak 86,3% anak tergolong status gizi normal. Setelah dilakukan analisis menggunakan kendall's tau, diketahui terdapat hubungan signifikan dengan arah negatif yang lemah pada variabel *food waste attitude* dengan status gizi balita TB/U dan BB/U. Begitu pula pada variabel perilaku ibu dalam memenuhi gizi anak dengan status gizi balita TB/U dan BB/U yang teridentifikasi memiliki hubungan signifikan dengan arah positif yang lemah.

Kesimpulan: Terdapat hubungan yang signifikan antara *food waste attitude* dan perilaku ibu dalam memenuhi gizi anak dengan status gizi balita TB/U dan BB/U.

Kata Kunci: Balita; *Food Waste Attitude*; Perilaku Ibu; Status Gizi

¹Mahasiswa Program Studi S1 Gizi, Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan

²Dosen Departemen Gizi Kesehatan, Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan

³Dosen Departemen Gizi Kesehatan, Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan

THE RELATIONSHIP BETWEEN FOOD WASTE ATTITUDE AND MATERNAL BEHAVIOR IN FULFILLING TODDLER NUTRITION AND THE NUTRITIONAL STATUS OF TODDLERS IN THE UMBULHARJO PUBLIC HEALTH CENTER AREA

Adistyani Humaimah Cahyarini¹, Dwi Budiningsari², Marina Hardiyanti³

ABSTRACT

Background: Food waste is one of the cause factors to the worsening global food crisis. In Indonesia, the largest source of food waste comes from household waste. Poor household food waste management can lead to inadequate nutritional intake among family members, including toddlers. In toddlers, insufficient nutrient intake can result in various growth problems. One contributing factor to poor nutritional intake in toddlers is suboptimal maternal behavior in fulfilling their child's nutritional needs.

Objective: This study aimed to determine the relationship between food waste attitude and maternal behavior in fulfilling toddler nutrition with the nutritional status of toddlers in the Umbulharjo Public Health Center area.

Methods: This research employed a cross-sectional study design with cluster sampling as the sampling method. The study involved 102 mother-toddler pairs who met the inclusion and exclusion criteria. Food waste attitude and maternal behavior in meeting child nutrition were assessed using questionnaires, while the nutritional status of toddlers was measured using anthropometric assessments and evaluated based on height-for-age (HAZ) and weight-for-age (WAZ) z-scores.

Results: As many as 97.8% of the respondent mothers were categorized as having a positive food waste attitude. Meanwhile, in the variable of maternal behavior in fulfilling children's nutritional needs, 88.24% of the respondents were categorized as having good behavior. Based on HAZ, 84.3% toddlers were classified as having normal nutritional status, while based on WAZ, 86.3% toddlers were categorized as normal. Statistical analysis using Kendall's tau showed a significant but weak negative correlation between food waste attitude and toddler nutritional status (HAZ and WAZ). A significant but weak positive correlation was also found between maternal behavior in fulfilling child nutrition and toddler nutritional status (HAZ and WAZ).

Conclusion: There is a significant relationship between food waste attitude and maternal behavior in fulfilling toddler nutrition with the nutritional status of toddlers (HAZ and WAZ).

Keywords: *Food Waste Attitude*; Maternal Behavior; Nutritional Status; Toddler

¹Undergraduate Student of Nutritional Departement, Faculty of Medicine, Public Health, and Nursing

²Lecturer of Health Nutrition Departement, Faculty of Medicine, Public Health, and Nursing

³Lecturer of Health Nutrition Departement, Faculty of Medicine, Public Health, and Nursing