

INTISARI

Analisis Kualitas Diet dan Hubungannya dengan Status Gizi Pada Masyarakat Desa dan Kota di Daerah Istimewa Yogyakarta

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Latar Belakang: Status gizi dan kualitas diet dipengaruhi oleh asupan makan yang dikonsumsi sehari-hari. Berbagai faktor salah satunya budaya konsumsi makan individu pada masyarakat desa maupun kota dapat membedakan antara kualitas diet dan status gizi diantara keduanya.

Tujuan: Mengetahui kualitas diet masyarakat desa dan kota serta hubungannya dengan status gizi.

Metode: Penelitian ini merupakan penelitian observasional dengan metode *cross-sectional*. Subjek penelitian adalah penduduk usia 19 – 64 tahun yang tinggal di desa dan kota. Pengambilan sampel menggunakan teknik *purposive sampling* sehingga diperoleh subjek berjumlah 358. Data kualitas diet dinilai dengan menggunakan instrumen DQI-I sedangkan data status gizi dinilai berdasarkan indeks massa tubuh.

Hasil: Subjek penelitian mayoritas berusia 30 – 49 tahun (50,6%), berjenis kelamin perempuan (53,6%) dan tinggal di kota (51,4%). Sebanyak 264 subjek (73,7%) memiliki kualitas diet rendah. Mayoritas subjek memiliki status gizi normal yaitu sebanyak 196 subjek (54,7%). Berdasarkan uji *chi-square* diketahui bahwa tidak ada hubungan antara kualitas diet dengan status gizi ($p = 0,172$), dan terdapat hubungan yang bermakna antara lokasi tinggal dengan kualitas diet ($p = 0,000$). Pada uji *independent t test* dan *Mann-Whitney* diketahui bahwa terdapat perbedaan yang bermakna pada kualitas diet berdasarkan lokasi tinggal ($p = 0,000$). Uji *One-Way ANOVA* menyatakan bahwa terdapat perbedaan yang bermakna pada kualitas diet berdasarkan status gizi ($p = 0,019$).

Simpulan: Tidak ada hubungan antara kualitas diet dengan status gizi, terdapat hubungan antara lokasi tinggal dengan kualitas diet, terdapat perbedaan yang bermakna pada kualitas diet berdasarkan lokasi tinggal, dan terdapat perbedaan yang bermakna pada kualitas diet berdasarkan status gizi.

Kata Kunci: Kualitas diet, status gizi, usia produktif, masyarakat desa dan kota

ABSTRACT

Analysis of Diet Quality and Its Association with Nutritional Status in Rural and Urban Areas in Daerah Istimewa Yogyakarta

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Background: *Nutritional status and diet quality are influenced by the intake of food consumption on a daily basis. There are various factors and one of them is the culture of food consumption, which differs in a rural and urban community. It can distinguish diet quality and nutritional status in both areas.*

Objective: *To understand the diet quality of rural and urban community and its association with nutritional status.*

Method: *This study was an observational study with a cross-sectional method. The research subjects were resident aged 19 – 64 years who lived in rural and urban areas. The subjects chosen using purposive sampling technique and the result were 358 subjects. Diet quality data were assessed using the DQI-I instrument while nutritional status data were assessed based on body mass index.*

Results: *The majority of research subjects were aged 30 – 49 years (50.6%), female (53.6%), and living in urban areas (51.4%). 264 subjects (73.7%) had low diet quality. The subject that had normal nutritional status were as many as 196 subjects (54.7%). Based on the chi-square test, it is known that there is no relationship between diet quality and nutritional status ($p = 0.172$) and there is a significant relationship between living locations (rural and urban) and diet quality ($p = 0,000$). It was found in the independent t-test and Mann-Whitney test that there were significant differences in diet quality based on living locations. One Way ANOVA test states that there were significant differences in diet quality based on nutritional status.*

Conclusion: *There is no correlation between diet quality and nutritional status, there is a relationship between living location and diet quality, there are significant differences in diet quality based on living locations, and there are significant differences in diet quality based on nutritional status.*

Key Words: *Diet quality, nutritional status, productive age, urban and rural community*