

FAKTOR DETERMINAN KERAGAMAN ASUPAN MAKANAN IBU DI DESA KEPUHARJO

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ABSTRAK

Latar Belakang : Kemiskinan dan kelaparan dapat menimbulkan dampak ketidaktersediaan dan ketidakmampuan untuk mendapatkan pangan, sehingga berakibat pada rendahnya ragam asupan makanan. Ragam asupan makanan dapat dipengaruhi oleh faktor sosio-ekonomi, perilaku makan, sikap gizi, dan pengetahuan gizi. Dalam rumah tangga, ibu memiliki peran penting dalam pengolahan, pemilihan, dan pembelian bahan pangan. Desa Kepuharjo, Cangkringan, masuk ke dalam kategori rawan pangan. Penelitian mengenai determinan keragaman asupan makanan belum pernah dilakukan sebelumnya di daerah Cangkringan.

Tujuan : Menganalisis faktor determinan keragaman asupan makanan ibu di Desa Kepuharjo.

Metode : Penelitian ini merupakan penelitian observasional dengan rancangan *cross sectional*. Penelitian ini dilakukan pada 127 orang ibu yang dipilih secara *purposive sampling*. Subjek penelitian diminta mengisi kuesioner pengetahuan gizi dan sikap gizi. Wawancara juga dilakukan untuk mendapatkan data sosio-ekonomi dan keragaman asupan makanannya menggunakan kuesioner IDDS.

Hasil : Sebanyak 108 orang ibu (85%) memiliki ragam asupan baik dan 19 orang ibu (15%) memiliki ragam asupan kurang. Hasil analisis menunjukkan pengetahuan gizi, sikap gizi, pendidikan, dan pendapatan memiliki hubungan signifikan dengan ragam asupan makanan ($p < 0,05$). Variabel jumlah anggota rumah tangga, usia, status menikah, dan pekerjaan tidak memiliki hubungan signifikan dengan ragam asupan makanan.

Kesimpulan : Pengetahuan gizi, sikap gizi, pendidikan, dan pendapatan berhubungan dengan keragaman asupan makanan ibu.

Kata Kunci : keragaman asupan makanan, sosio-ekonomi, pengetahuan gizi, sikap gizi, ketahanan pangan

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DETERMINANTS OF MOTHER'S DIETARY DIVERSITY IN KEPUHARJO

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ABSTRACT

Background : Poverty and hunger can inflict unavailability and inability to obtain food source, which is resulting in low dietary diversity. Dietary diversity can be influenced by socio-economic factors, eating behaviors, nutritional knowledge and attitude. In households, mothers have an important role in the preparation, selection, and purchase of groceries. Kepuharjo Village, Cangkringan, is included in a food-insecure category. A study about dietary diversity determinants has never been done before in Cangkringan district.

Objective : To analyze the determinants of mother's dietary diversity in Kepuharjo Village.

Method : This research was an observational study with cross sectional design. This research was done on 127 mothers who were selected through purposive sampling. Subjects were asked to fill in questionnaire about nutritional knowledge and attitude. Interview was also done to obtain socio-economic data and dietary diversity score using IDDS questionnaire.

Result : A total of 108 mothers (85%) had good dietary diversity and 19 mothers (15%) had low dietary diversity. The results of the analysis showed nutritional knowledge and attitudes, education, and income had a significant relationship with dietary diversity ($p < 0.05$). Number of household members, age, marital status, and occupation had no significant relationship with mother's dietary diversity.

Conclusion : Nutritional knowledge and attitude, education, and income is related to mother's dietary diversity.

Keyword : dietary diversity, socio-economy, nutritional knowledge, nutritional attitude, food security

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