



Hubungan Antara Status Sosial-Ekonomi dengan Skor *Dietary Diversity* Pada Balita Usia 6-12 Bulan

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INTISARI

Latar Belakang: Balita usia 6-12 bulan sangat rentan mengalami skor *dietary diversity* pada MP-ASI yang rendah. *Dietary diversity* diketahui dapat memprediksi terjadinya *stunting* pada balita. *Dietary diversity* merupakan indikator yang berguna untuk mengetahui kualitas diet hingga kecukupan makronutrien dan mikronutrien. Status sosial-ekonomi merupakan faktor yang dapat mempengaruhi skor *dietary diversity* balita karena berkaitan dengan kemampuan untuk mengakses makanan.

Tujuan: Mengetahui hubungan antara status sosial-ekonomi dengan skor *dietary diversity* pada balita usia 6-12 bulan di Kabupaten Kulon Progo.

Metode: Desain penelitian *cross-sectional* dilaksanakan pada November sampai Desember 2018. Responden adalah balita usia 6-12 bulan berjumlah 282 balita yang didapatkan dengan teknik *purposive sampling*. Skor *dietary diversity* didapatkan berdasarkan *food recall* 24 jam balita. Data dianalisis dengan uji *chi-square* dan regresi logistik ganda.

Hasil: Sebanyak 44,7% responden mendapatkan skor *dietary diversity* tinggi (*mean* 3,33 ± 1,65). Hasil uji *chi-square* menunjukkan jenis kelamin balita ($p = 0,017$), pekerjaan ayah ($p = 0,005$) dan total penghasilan keluarga ($p = 0,000$) berhubungan secara signifikan dengan skor *dietary diversity* balita. Hasil regresi logistik ganda diketahui variabel yang paling dominan adalah total penghasilan keluarga (AOR = 2,381 95% CI: 1,424-3,981).

Simpulan: Pada penelitian ini mayoritas skor *dietary diversity* balita termasuk rendah. Status sosial-ekonomi yang berhubungan signifikan terhadap skor *dietary diversity* pada balita usia 6-12 bulan adalah jenis kelamin balita, pekerjaan ayah dan total penghasilan keluarga. Variabel paling dominan berhubungan dengan skor *dietary diversity* balita adalah total penghasilan keluarga.

Kata kunci: Balita, MP-ASI, *Dietary diversity*, Sosial-ekonomi, Indonesia

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Association Between Socio-Economic Status with Dietary Diversity Score in Children Aged 6-12 Months

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ABSTRACT

Background: Children aged 6-12 months are very susceptible to get low dietary diversity scores in their complementary feeding. Dietary diversity is known to predict stunting in children. Dietary diversity is a useful indicator to determine the quality of the diet as far as the adequacy of macronutrients and micronutrients. Socio-economic status is a factor that can affect children's dietary diversity score because it is related to the ability to access food.

Objective: To determine the association between socio-economic status and dietary diversity scores in children aged 6-12 months in Kulon Progo Regency.

Method: The cross-sectional study design was carried out in November-December 2018. Respondents were children aged 6-12 months with total 282 children obtained by purposive sampling technique. Dietary diversity scores were obtained based on child food recall 24-hour. Data were analyzed by chi-square test and multiple logistic regression.

Results: As many as 44.7% of respondents received high dietary diversity scores (mean 3.33 ± 1.65). Chi-square test results indicate the sex of children ($p = 0.017$), father's occupation ($p = 0.005$) and total family income ($p = 0,000$) significantly associated to children dietary diversity score. The result of multiple logistic regression revealed that the most dominant variable was total family income (AOR = 2.381 95% CI: 1.424-3.981).

Conclusion: In this study the majority of children dietary diversity scores were low. Socio-economic status that significantly related to dietary diversity scores in children aged 6-12 months are sex of children, father's occupation and total family income. The most dominant variable associated with a children dietary diversity score is total family income.

Keywords: Children, Complementary feeding, Dietary diversity, Socio-economic, Indonesia

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