

INTISARI

Latar belakang: Gangguan pertumbuhan linear dan fungsi kognitif yang terjadi pada balita masih menjadi permasalahan gizi di Indonesia sampai saat ini. Peningkatan prevalensi *stunting* pada 2007 – 2013 menunjukkan belum tuntasnya masalah ini. Berbagai faktor melatarbelakangi terjadinya permasalahan ini. Salah satu penyebab langsung yang berhubungan dengan asupan gizi balita adalah keragaman pangan. Faktor ini juga dapat dilatarbelakangi oleh hal lain salah satunya adalah kebiasaan makan pada suku bangsa tertentu.

Tujuan: Mengetahui adanya hubungan keragaman pangan terhadap kejadian *stunting* berdasarkan suku bangsa balita Indonesia usia 6 – 59 bulan.

Metode: Penelitian ini dilakukan dengan menggunakan metode *cross-sectional* data sekunder yang bersumber dari RAND *Indonesian Family Life Survey* (IFLS) gelombang ke – 5 (2014-2015). Variabel terikat yang diamati adalah kejadian *stunting* dengan variabel bebas keragaman pangan serta variabel luar suku bangsa, provinsi tinggal, jenis wilayah tinggal, pendidikan orang tua, dan pendapatan rumah tangga. Responden yang disertakan pada penelitian ini adalah balita usia 6-59 bulan yang memiliki data lengkap pada variabel utama yaitu terikat dan bebas. Hasil obserasi diolah dan dianalisis menggunakan *software* STATA 16.0.

Hasil: Jumlah responden yang terinklusi pada penelitian ini sebanyak 3.805 orang dengan 1.989 laki-laki dan 1.816 perempuan. Penelitian menemukan adanya hubungan keragaman pangan pada kejadian *stunting* balita usia 6-59 bulan ($p = 0,001$). Berdasarkan suku bangsa balita, ditemukan hubungan keragaman pangan yang lebih kuat ($r = 0,6206$) menyebabkan *stunting* dibandingkan provinsi tinggal balita ($r = 0,5701$). Pada faktor jenis wilayah tinggal, pendidikan orang tua, dan pendapatan rumah tangga juga ditemukan adanya hubungan signifikan terhadap terjadinya *stunting* balita usia 6-59 bulan.

Kesimpulan: Terdapat hubungan antara keragaman pangan dengan kejadian *stunting* balita usia 6-59 bulan. Serta, adanya suku bangsa sebagai faktor penting yang menyebabkan terjadinya *stunting* yang didukung dengan faktor sosial ekonomi lain seperti jenis wilayah tinggal, pendapatan rumah tangga, dan pendidikan orang tua.

Kata kunci: *stunting*, keragaman pangan, suku bangsa.

ABSTRACT

Background: Disorders of linear growth and cognitive function that occur in toddlers are still a nutritional problem in Indonesia. The increase in the prevalence of stunting in 2007 – 2013 shows that this problem has not yet been resolved. Various factors are behind the occurrence of this problem. One of the direct causes related to the nutritional intake of children under five is the diversity of food. This factor can also be motivated by other things, one of which is the eating habits of certain ethnic groups.

Objective: To determine the association between food diversity and the incidence of stunting based on the ethnicity of Indonesian toddlers aged 6-59 months.

Method: This research was conducted using the cross-sectional method of secondary data sourced from the 5th RAND Indonesian Family Life Survey (IFLS) (2014-2015). The dependent variable observed was the incidence of stunting with the independent variable was food diversity as well as outside variables were ethnicity, province of residence, type of area of residence, parents' education, and household income per capita. Respondents included in this study were toddlers aged 6-59 months who had complete data on the main variables, namely dependent and independent. The results of the observations were processed and analyzed using STATA 16.0 software.

Result: The number of respondents who were included in this study were 3,805 people with 1,989 boys and 1,816 girls. The study found that there was a relationship between food diversity in the incidence of stunting for children aged 6-59 months ($p = 0.001$). Based on the ethnicity of children under five, it was found that the relationship between food diversity was stronger ($r 0.6206$) causing stunting compared to provinces living under five ($r 0.5701$). In the type of area of residence, parents' education, and household income per capita, it was also found that there was a significant relationship with the occurrence of stunting for toddlers aged 6-59 months.

Summary: There is a relationship between food diversity and the incidence of stunting for toddlers aged 6-59 months. Also, the existence of ethnicity as an important factor that causes stunting is supported by other socio-economic factors such as the type of area of residence, household income, and parental education.

Keywords: stunting, food diversity, ethnicity.