

## Hubungan antara Ketahanan Pangan dengan Kualitas Hidup Ibu di Desa

### Kepuharjo, Kecamatan Cangkringan

#### INTISARI

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**Latar belakang:** Peningkatan harapan hidup serta transisi epidemiologi menuju penyakit kronis dan degeneratif menyebabkan perlunya pengukuran kualitas hidup manusia (WHO, 2005 dan Moriarty, 2003). Di Kecamatan Cangkringan, 53,73% penduduk memiliki kualitas hidup yang buruk. Salah satu faktor yang mempengaruhi kualitas hidup adalah ketahanan pangan. Ketahanan pangan mempengaruhi kualitas hidup melalui beberapa jalur (kesehatan mental, gizi dan perilaku). Penelitian mengenai hubungan ketahanan pangan dengan kualitas hidup sudah pernah dilakukan di luar negeri, namun belum pernah di Indonesia.

**Tujuan penelitian:** Mengetahui hubungan antara ketahanan pangan dengan kualitas hidup ibu di Desa Kepuharjo, Kecamatan Cangkringan.

**Metode penelitian:** Penelitian ini merupakan jenis penelitian kuantitatif observasional dengan disain *cross sectional*. Penelitian dilaksanakan pada bulan November 2016 – Januari 2017 dengan subjek penelitian adalah ibu di Desa Kepuharjo, Kecamatan Cangkringan yang berjumlah 108 orang. Variabel yang diteliti dalam penelitian ini adalah status ketahanan pangan rumah tangga menggunakan kuesioner HFIAS, kualitas hidup ibu menggunakan kuesioner WHOQoL BREF, variabel perancu usia, pekerjaan, pendidikan, pendapatan, status perkawinan menggunakan kuesioner sosiodemografi serta variabel dukungan sosial menggunakan kuesioner *Social Support* Sarason.

**Hasil:** Setelah dilakukan wawancara dengan kuesioner, diketahui bahwa tidak terdapat perbedaan ketahanan pangan antara responden dengan kualitas hidup baik dan sangat baik yang signifikan ( $p > 0,05$ ). Namun, ditemukan hubungan antara tingkat kepuasan terhadap dukungan sosial dengan kualitas hidup ibu di Desa Kepuharjo. Hasil analisis variabel perancu menunjukkan bahwa tingkat kepuasan terhadap dukungan sosial menjadi pengganggu hubungan antara ketahanan pangan dengan kualitas hidup pada penelitian ini.

**Kesimpulan:** Tidak ditemukan hubungan signifikan antara ketahanan pangan dengan kualitas hidup ( $p > 0,05$ ) dikarenakan adanya variabel tingkat kepuasan terhadap dukungan sosial yang menjadi perancu.

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## Comparison between Food Security and Mother's Quality of Life in

### Kepuharjo Village, Cangkringan District

#### ABSTRACT

Srila Nirmithya Salita Negara<sup>1</sup>, Yayi Suryo Prabandari<sup>2</sup>, Yayuk Hartriyanti<sup>3</sup>

**Background:** The increase of life expectancy and epidemiological transition from chronic diseases into degenerative diseases supports the need of quality of life measurement (WHO, 2005 and Moriarty, 2003). In Cangkringan District, 57,73% of its population has a poor quality of life. One of the factors that can influence quality of life is food security. Food security affects quality of life through some ways (mental health, nutrition and behavior). Research about the relationship of food security and quality of life has been conducted overseas but not in Indonesia.

**Objective:** To understand the relationship between food security and mother's quality of life in Kepuharjo Village, Cangkringan District.

**Method:** This research was a quantitative observational research with cross sectional design. The study was conducted in November 2016 until January 2017 with 108 mothers as subjects from Kepuharjo Village, Cangkringan District. The variables that were studied in this research were as follow: food security by using HFIAS questionnaire, mother's quality of life with WHOQoL BREF questionnaire, some confounding factors such as age, occupation, education level, income level, marriage status and social support.

**Result:** After conducting interview using questionnaires, it is found that there is no significant food security difference between subjects with a good and very good quality of life ( $p > 0,05$ ). However, this study found a relationship between satisfaction level of social support with quality of life. In a further analysis, the satisfaction level of social support became a confounding variable that disrupts the relationship between food security and quality of life.

**Conclusion:** No significant difference was found between food security and quality of life ( $p > 0,05$ ). This is due to satisfaction level of social support that became a confounding variable.

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