

## STUDI KOHORT KETAHANAN PANGAN TINGKAT RUMAH TANGGA TERHADAP ASUPAN MAKAN IBU HAMIL

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### INTISARI

**Latar Belakang** : Angka Kematian Ibu (AKI) yang mengalami peningkatan di tingkat nasional tersebut juga terjadi di tingkat provinsi, termasuk DIY. Penyebab terbanyak kematian ibu adalah pendarahan dan pre-eklampsia. Penyebab-penyebab kematian ibu tersebut masih dapat dicegah melalui perbaikan asupan makan ibu selama kehamilan. Asupan makan ibu selama kehamilan berhubungan dengan banyak faktor, utamanya adalah ketahanan pangan tingkat rumah tangga.

**Tujuan** : Mengetahui perbedaan asupan makan ibu hamil antara rumah tangga tahan pangan dengan tidak tahan pangan.

**Metode Penelitian** : Merupakan penelitian observasional dengan pendekatan kuantitatif. Rancangan penelitian yang digunakan penelitian ini adalah rancangan *cohort prospective* selama tiga bulan. Pengambilan data asupan makan, penyakit infeksi, dan psikologi dilakukan satu kali setiap bulan untuk masing-masing responden. Lokasi penelitian dilakukan di wilayah kerja Puskesmas Turi dan Puskesmas Tempel 1 Kabupaten Sleman

**Hasil Penelitian** : Selama tiga bulan follow up diketahui bahwa terdapat perbedaan asupan makan antara ibu hamil pada rumah tangga tahan pangan dengan tidak tahan pangan. Pada bulan pertama terdapat perbedaan rata-rata asupan lemak, folat, kalsium, dan vitamin C dengan p value < 0,05. Pada bulan kedua terdapat perbedaan rata-rata asupan folat dengan p value < 0,05. Pada bulan ketiga tidak terdapat perbedaan rata-rata asupan makan yang bermakna.

**Kesimpulan** : Selama tiga bulan follow up menunjukkan bahwa terdapat perbedaan asupan makan ibu hamil pada rumah tangga tahan pangan dan tidak tahan pangan, zat gizi yang signifikan berbeda terutama lemak, folat, kalsium, dan vitamin C pada bulan pertama dan folat pada bulan kedua.

**Kata Kunci** : Ketahanan Pangan, Rumah Tangga, Asupan Makan, Ibu Hamil

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## COHORT STUDY OF HOUSEHOLD FOOD SECURITY OF FOOD INTAKE ON PREGNANT WOMEN

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### ABSTRACT

**Background** : Maternal Mortality Rate (MMR) that increase in the national level also occurred at the provincial level, including in Special Region of Yogyakarta. The most common cause of maternal death are hemorrhage and pre-eclampsia. The causes of maternal death can still be prevented through improved maternal food intake during pregnancy. Maternal food intake during pregnancy is associated with many factors, primarily the household food security.

**Objective** : To determine the difference food intake of pregnant women between food secure households and food insecurity households.

**Method** : An observational research with quantitative approach. The research design used in this study is a prospective cohort design for three months. Retrieval of data of food intake, infection disease, and psychology is done once per month for each respondent. Location of research conducted in Community Health Center of Turi and Community Health Center of Tempel 1 Sleman

**Result** : During the three-months of follow-up there are significant differences in food intake between pregnant women in food secure households and pregnant women in the food insecure households. In the first month there were differences in the average of fat intake, folate, calcium, and vitamin C with p value <0.05. In the second month there were differences in the average folate intake with p value <0.05. In the third month there is no difference in the average food intake were significant between pregnant women in food secure households and pregnant women in the food insecure households.

**Conclusion** : During the three-months follow-up showed that there are significant differences in food intake of pregnant women in food secure households and food insecure households, which is significantly different nutrients especially fat, folate, calcium, and vitamin C in the first month, and folate in the second month.

**Keywords** : Food Security, Household, Food Intake, Pregnant Women

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