

INTISARI

Latar Belakang : Prevalensi balita pendek di Indonesia masih sangat tinggi yaitu sebesar 37,2% dan di Provinsi Jawa Barat sebesar 35,8%. Ketahanan pangan rumah tangga merupakan salah satu penyebab tidak langsung terhadap masalah gizi. Status pendek seseorang merupakan salah satu masalah gizi, aspek ketahanan pangan berupa ketersediaan pangan dan akses pangan yang saling berkaitan dalam suatu rumah tangga sehingga berpengaruh terhadap aspek tingkat konsumsi pangan di setiap rumah tangga atau individu yang tidak terpenuhi.

Tujuan : Menganalisis hubungan antara ketahanan pangan tingkat rumah tangga dengan kejadian pendek pada anak usia 2-3 tahun di Kecamatan Cimaragas dan Kecamatan Cijeungjing Kabupaten Ciamis Jawa Barat.

Metode : Penelitian ini merupakan jenis penelitian observasional dengan desain penelitian *cross sectional*. Subjek penelitian ini merupakan keluarga yang memiliki anak usia 2-3 tahun di Kecamatan Cimaragas dan Kecamatan Cijeungjing Kabupaten Ciamis. Teknik pengambilan subjek dengan cara *quota sampling*. Analisis data dilakukan secara bertahap dengan analisa univaria, bivariat, dan multivariat. Uji statistik bivariat menggunakan *chi-square*, dan uji statistik multivariat menggunakan regresi logistik.

Hasil : Ketersediaan pangan, akses pangan, konsumsi energi dan protein tidak berhubungan dengan kejadian pendek ($p>0,05$), hal ini menunjukkan ketahanan pangan rumah tangga tidak berhubungan dengan kejadian pendek di Kabupaten Ciamis. Terdapat perbedaan yang signifikan rerata *zscore* tinggi badan anak berdasarkan tinggi badan ayah, tinggi badan ibu, dan tingkat pendidikan ibu ($p<0,05$). Asi eksklusif, awal pemberian susu formula, tingkat pendidikan ayah, dan besar jumlah keluarga tidak berhubungan dengan kejadian pendek ($p>0,05$).

Kesimpulan : Terdapat hubungan tinggi badan ayah, tinggi badan ibu dan tingkat pendidikan ibu dengan kejadian pendek pada anak usia 2-3 tahun di Kecamatan Cimaragas dan Kecamatan Cijeungjing Kabupaten Ciamis. Hal ini menunjukkan bahwa ayah dan ibu yang pendek memiliki peluang lebih besar untuk memiliki anak yang pendek, dan peran ibu di rumah tangga penting untuk status gizi anak.

Kata Kunci : Ketahanan Pangan Rumah Tangga, Tinggi Badan Anak Usia 2-3 tahun.

ABSTRACT

Background : The prevalence of stunting in Indonesia is still high at 37.2% and in the province of West Java at 35.8%. Stunting are key problems affecting intellectual achievement on academic performance in children, child developmental disorders, motor skills retardation, and the risk of chronic diseases is higher in adulthood and increased risk of death. Household food security is one of the indirect causes of the nutritional problems. Stunting is one of the nutritional problems, aspects of food security in the form of food availability and access to food are related in a household that affect the aspect of the level food consumption in every household or individual is not being met.

Objective : To analyze association between household food security and stunting status in children aged 2-3 years in Ciamis Districts.

Methods : This was observational study with cross-sectional design. Subject in this research are households. A total of 349 households were collected, respondents consisted of mother, father and children aged 2-3 years in Cimaragas and Cijeungjing Subdistrict, Ciamis District. Subjects were selected used quota sampling. Data were analyzed using chi square and logistic regression.

Results : Food availability, food access, energy and protein consumption were not associated with stunting ($p > 0,05$) in Ciamis. There was significant differences between the average height (zscore) of children based on father's height, mother's height, and mother's education level ($p < 0,05$). Breastfeeding, initial formula feeding, father's education level, and a large number of families were not associated with stunting ($p > 0,05$).

Conclusion : There was significant correlation between father's height, mother's height, and mother's education with stunting in children aged 2-3 years in Ciamis District. This is showed that short father and short mother were more likely to have a child who was stunted, and women empowerment in the household is important for a child's nutritional status.

Keyword : Household food security, food availability, food access, energy consumption, protein consumption, and stunting in children aged 2-3 years.