

ABSTRAK

Putri Chairunnisa. Hubungan Ketahanan Pangan Rumah Tangga dan Keragaman Konsumsi Pangan dengan Gizi Kurang Pada Balita di Wilayah Kerja Puskesmas Mandala. Skripsi. Program Studi Gizi. Fakultas Teknik. Universitas Negeri Medan. 2025

Gizi kurang pada balita masih menjadi masalah kesehatan di Indonesia. Berdasarkan data SSGI tahun 2024, prevalensi gizi kurang 16,8% secara nasional dan 14,7% di Kota Medan pada tahun 2022. Balita termasuk kelompok rentan gizi, yang kondisinya dipengaruhi oleh ketahanan pangan rumah tangga dan keragaman konsumsi pangan. Rumah tangga yang tidak tahan pangan cenderung mengalami keterbatasan dalam pemenuhan kebutuhan gizi, sedangkan konsumsi pangan yang tidak beragam meningkatkan risiko kekurangan zat gizi. Data Puskesmas Mandala tahun 2025 mencatat 44 balita usia 12–59 bulan mengalami gizi kurang, meningkat dari 29 balita pada tahun 2024. Tujuan penelitian ini untuk mengetahui hubungan ketahanan pangan rumah tangga dan keragaman konsumsi pangan dengan gizi kurang pada balita di Wilayah Kerja Puskesmas Mandala.

Tempat penelitian di wilayah kerja Puskesmas Mandala, Kecamatan Medan Tembung, Kota Medan, Sumatera Utara. Penelitian dilaksanakan pada bulan Mei - Agustus 2025. Populasi penelitian ini seluruh balita berusia 24-59 bulan, penelitian ini menggunakan desain *case control* dengan sampel sebanyak 64 responden yang terdiri dari 32 sampel kasus dan 32 sampel kontrol. Teknik pengambilan sampel total sampling untuk kelompok kasus dan *convenience* untuk kelompok kontrol. Pengumpulan data dilakukan dengan metode wawancara dengan kuesioner HFIAS untuk ketahanan pangan rumah tangga, formulir *food recall* 1 x 24 jam dan kuesioner IDDS untuk keragaman konsumsi pangan. Data dianalisis menggunakan uji *Chi-square* dan *Regresi logistik*.

Hasil *chi-square* menunjukkan ketahanan pangan rumah tangga memiliki hubungan yang signifikan dengan gizi kurang ($p=0,006$; OR 4,840), keragaman konsumsi pangan memiliki hubungan yang signifikan dengan gizi kurang ($p=0,001$; OR 6,531). Hasil *regresi logistik* menunjukkan ketahanan pangan rumah tangga ($p = 0,048$; OR = 3,182) dan keragaman konsumsi pangan ($p = 0,008$; OR = 4,753) memiliki hubungan yang signifikan dengan gizi kurang pada balita. Kesimpulan terdapat hubungan ketahanan pangan rumah tangga dan keragaman konsumsi pangan dengan gizi kurang pada balita di wilayah kerja Puskesmas Mandala.

Kata Kunci : Gizi Kurang, Ketahanan Pangan, Keragaman Pangan

ABSTRACT

Putri Chairunnisa. *The Relationship between Household Food Security and Dietary Diversity with Underweight among Toddlers in the Working Area of Mandala Public Health Center. Essay. Nutrition Study Program, Faculty of Engineering, Universitas Negeri Medan, 2025.*

Underweight among children under five remains a major public health issue in Indonesia. According to the 2024 Indonesian Nutrition Status Survey (SSGI), the national prevalence of underweight was 16.8%, while in Medan City it reached 14.7% in 2022. Children under five are considered nutritionally vulnerable, and their nutritional status is influenced by household food security and dietary diversity. Food-insecure households are more likely to experience limited access to adequate nutrition, while low dietary diversity increases the risk of nutrient deficiencies. Data from Mandala Public Health Center in 2025 recorded 44 underweight children aged 12–59 months, an increase from 29 cases in 2024. This study aimed to determine the relationship between household food security and dietary diversity with underweight among children under five in the working area of Mandala Public Health Center.

The study was conducted in the working area of Mandala Public Health Center, Medan Tembung Subdistrict, Medan City, North Sumatra, from May to August 2025. The population consisted of all children aged 24–59 months. A case-control design was applied with a total of 64 respondents, comprising 32 cases and 32 controls. The sampling technique used was total sampling for the case group and convenience sampling for the control group. Data were collected through interviews using the Household Food Insecurity Access Scale (HFIAS) questionnaire to assess household food security, a 24-hour food recall form, and the Individual Dietary Diversity Score (IDDS) questionnaire to assess dietary diversity. Data were analyzed using Chi-square and logistic regression tests.

The Chi-square test showed a significant relationship between household food security and underweight ($p = 0.006$; $OR = 4.840$), as well as between dietary diversity and underweight ($p = 0.001$; $OR = 6.531$). Logistic regression analysis confirmed that household food security ($p = 0.048$; $OR = 3.182$) and dietary diversity ($p = 0.008$; $OR = 4.753$) were significantly associated with underweight among children under five. Conclusion There is a significant relationship between household food security and dietary diversity with underweight among children under five in the working area of Mandala Public Health Center.

Keywords: Underweight, Household Food Security, Dietary Diversity