

Lingkungan pangan rumah sebagai mediator antara health concern dan kualitas diet pada ibu dari anak usia 0-6 tahun di daerah kumuh perkotaan di Jakarta Utara = Home food environment as mediator between health concern and diet quality among mothers of young children in urban slum in North Jakarta

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Abstrak

Kualitas diet pada wanita dewasa masih menjadi masalah. Memiliki perhatian khusus terhadap kesehatan (health concern) dapat berkaitan dengan pola makan. Wanita, khususnya ibu yang memiliki anak usia balita dan pra-sekolah umumnya makan di rumah. Sehingga lingkungan pangan rumah juga berkontribusi terhadap perilaku makan. Studi ini bertujuan untuk mengetahui hubungan antara health concern dan kualitas diet, serta mengetahui apakah lingkungan pangan rumah memediasi untuk hubungan ini. Studi potong lintang ini berlokasi di Jakarta Utara, dengan sampel sebanyak 229 subjek dengan metode penarikan sampel consecutive. Pengumpulan data dilakukan dengan menggunakan kuesioner. Health concern diukur dengan General Health Interest Scale (GHIS). Lingkungan pangan rumah diukur dengan Consumer Behavior Questionnaire (CBQ). Data kualitas diet dinilai dari 2x24-hour dietary recall dan skor Diet Quality Index-International (DQI-I). Sebagian besar subjek memiliki kualitas diet yang rendah (nilai mean skor DQI-I: 41.44).

Tidak terdapat korelasi bermakna antara health concern dan kualitas diet ($r=0.092$, $P\text{-value}=0.166$). Setelah di-adjust dengan usia, lingkungan pangan rumah khususnya ketersediaan sayur tidak memediasi hubungan antara health concern dan kualitas diet ($IE=0.012$, $P\text{-value}=0.096$). Hasil regresi linier berganda juga menunjukkan usia sebagai prediktor kualitas diet ($=0.196$, $P\text{-value}=0.024$). Diperlukan upaya kolaboratif untuk memperbaiki kualitas diet pada ibu, dengan meningkatkan health concern serta pemahaman tentang pemilihan jenis makanan berdasarkan kualitas gizi saat membeli makanan. Rekomendasi untuk studi lanjutan dapat meneliti perbedaan health concern menurut usia, serta kaitannya dengan perilaku makan dan kualitas diet.

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Diet quality among women remains a major issue. Having health concern may be related to diet. Mothers with young children usually had their meals at home, thus home food environment could play a role in shaping dietary behavior. This study aims to examine the association between health concern and diet quality, and whether home food environment mediates this relationship. This cross-sectional study was conducted in urban slum area in North Jakarta, involving 229 mothers of young children through consecutive sampling. Data was collected using structured questionnaire, including General Health Interest Scale (GHIS) for health concern, Consumer Behavior Questionnaire (CBQ) for home food environment, and 2x24-hour dietary recall to determine the score of Diet Quality Index-International (DQI-I). Statistical analysis included correlation, multiple linear regression, and path analysis. Majority of the mothers had poor diet quality, with mean DQI-I total score of 41.44 out of 100.

There was no significant correlation between health concern and diet quality ($r=0.092$, $P\text{-value}=0.166$). After adjusted with age, home food environment did not mediate the relationship between health concern

and diet quality. Multiple linear regression also showed age as a significant predictor of diet quality ($\beta=0.196$, $P\text{-value}=0.024$). Promoting health concern and healthier food choice when eating out or purchasing take-out food would be beneficial to improve diet quality among mothers of young children. Future study is also recommended to explore how age group differs in viewing health as importance, which could lead to dietary practices.