

# Faktor - Faktor Determinan Pola Pangan Minimum yang Dapat Diterima pada Anak Usia 6-11 Bulan selama Pandemi COVID-19 di Indonesia = Determinant Factors of Minimum Acceptable Diet among Children Aged 6- 11 Months during COVID-19 Pandemic in Indonesia

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## Abstrak

Praktik pemberian makanan pendamping ASI (MP-ASI) yang tepat perlu dipertahankan selama situasi pandemi COVID-19 untuk pertumbuhan dan perkembangan anak yang optimal. Tindakan pengendalian pandemi COVID-19 seperti pembatasan sosial skala besar dapat berdampak pada faktor-faktor yang berhubungan dengan praktik pemberian MP-ASI. Namun, studi yang menilai faktor-faktor yang berhubungan dengan praktik pemberian MP-ASI selama pandemi COVID-19 masih terbatas. Oleh karena itu, penelitian ini bertujuan untuk mengetahui faktor dominan pola pangan minimum yang dapat diterima (MAD) anak usia 6-11 bulan pada pandemi COVID-19 di Indonesia. Penelitian ini merupakan bagian dari “COVID-19 Mom-Infant Study” dan dilakukan di seluruh wilayah Indonesia dengan menggunakan survei online. Uji regresi logistik ganda dilakukan untuk mengidentifikasi faktor-faktor dominan MAD dengan tingkat signifikan yang ditetapkan pada  $p < 0,05$ . Sebanyak 262 data dikumpulkan dengan sekitar 74,0%, memenuhi MAD yang terdiri dari 94,3% memenuhi frekuensi makan minimum, dan 77,1% memenuhi keragaman makanan minimum. Berdasarkan analisis multivariat ketahanan pangan rumah tangga (aOR=2.479; 95% CI [1.196 – 5.136]), suasana hati ibu (aOR=3.448; 95% CI [1.286 – 9.378]), jumlah anak di rumah tangga (aOR=2.493; 95% CI [1.131 – 5.495]), dukungan suami (aOR=4.365; 95% CI [1.450 – 13.083]), dan dukungan kelompok pendukung makanan (aOR=2.446; 95% CI [1.186 – 5.043]), ditemukan sebagai faktor dominan dari MAD. Hasil studi ini menunjukkan bahwa sepertiga anak tidak memenuhi pola pangan minimum yang dapat diterima. Peningkatan edukasi gizi dan aksesibilitas pangan dibutuhkan terutama untuk rumah tangga yang rawan pangan dan memiliki 3 atau lebih anak di dalamnya selama pandemi COVID-19. Peningkatan kesadaran suami tentang pentingnya dukungan pemberian makan anak bagi ibu baru, menjaga suasana hati ibu, dan menggunakan media online atau kelompok pendukung makan bayi untuk menyampaikan pesan gizi sebagai strategi untuk mempertahankan kualitas diet anak selama pandemi COVID-19.

.....Appropriate complementary feeding practices are needed to achieve optimal growth, development, and health that needs to be sustained during coronavirus disease 19 (COVID-19) pandemic situation. COVID-19 pandemic control measures such as large-scale social restriction and physical distancing can have an impact on factors that are associated with complementary feeding practice. However, study that assessing factors associated with complementary feeding practices during COVID-19 was still limited. Therefore, this study aims to identify dominant factors of minimum acceptable diet (MAD) of 6-11 months old children during COVID-19 pandemic in Indonesia. This study was part of the “COVID-19 Mom-Infant Study” and conducted in all regions of Indonesia using an online survey. Multiple logistic regression test was run to identify dominant factors of MAD with a significant level set at  $p < 0.05$ . A total of 262 data were collected with around 74.0% meeting MAD that consist of 94.3% were meeting minimum meal frequency, and 77.1% meeting minimum dietary diversity. Based on multivariate analysis, household food security

(aOR=2.479; 95%CI [1.196 – 5.136]), mother's mood (aOR=3.448; 95%CI [1.286 – 9.378]), number of children in the household, (aOR=2.493; 95%CI [1.131 – 5.495]), support from husband (aOR=4.365; 95%CI [1.450 – 13.083]), and support from support group and online support (aOR=2.446; 95%CI [1.186 – 5.043]) were found to be dominant factors of MAD. These findings showed that one third of the children did not fulfill the MAD. Increased nutrition education and accessibility of food needed especially in the food insecure household with more than 3 children in it during this COVID-19 pandemic. Mother's mood needs to be maintained as it was related to child feeding practices. Raising awareness of father about the importance of feeding support for new mothers and using online group or support groups to deliver nutrition messages as the coping strategy of many closure of health post during COVID-19 pandemic.