LPPM UNIVERSITAS ESA UNGGUL
(Profil Ringkasan LITABMAS)

FEEDING PATTERNS AND FOOD WASTE BEHAVIOR ON THE NUTRITIONAL STATUS OF TODDLERS

Peneliti

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Ringkasan Eksekutif

Food Waste is a growing problem. In household scale, Food Waste often considered as a normal thing. Food composition and less variant (quality) is one of factor who can affect to nutritional status of toddlers and Food Waste, if the more Food Waste produced by toddlers, the more nutrients are wasted in vain, so that the food intake eaten by children does not match the required needs. Toddlers who do not get the food intake that should be, able to affect the nutritional status and result in stunted growth and development of children. This research aims to determine the relationship between Food Waste Behavior and Feeding Patterns on the Nutritional Status of Toddlers in Tanah Sareal District, Bogor City. This type of research is cross sectional with purposive sampling data collection technique with 100 respondents. The statistical test used is Chi-Square. Based on the results of the research, it was found that in Tanah Sareal Subdistrict had a high Food Waste behavior of 69%. While the results of the feeding pattern in Tanah Sareal District have an inappropriate feeding pattern of 52%. There is a significant relationship between Food Waste behavior on the nutritional status of toddlers (p-value of 0.000) and there is a significant relationship between feeding patterns and nutritional status of toddlers (p-value of 0.000).

Keywords :

Feeding Patterns, Food Waste, Nutritional Status, Toddler

HKI dan Publikasi

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Latar Belakang

Since 2020, the world has been hit by turmoil due to the presence of a new virus called COVID-19 (coronavirus disease). The Indonesian government has implemented an independent isolation policy (Suryani, 2020). Reducing activities outside the home is expected to increase domestic waste generation and affect waste generation and composition. Before the pandemic, DKI Jakarta's waste generation was 0.69 kg/person/(Putri Lestari et al., 2020). Food loss and wastage is one of the biggest challenges we face today.

Food waste can cause more than 925 million people to be malnourished worldwide (FAO, 2011, 2015) (Nahman, 2013). Indonesia is one of the developing countries where the level of hunger is still severe (Institute, 2017). However, it is very unfortunate that Indonesia's food waste reaches 300 kg per person per year, as evidenced by Indonesia being the second largest producer of food waste in the world (Ministry of Agriculture, 2019).

Metode

This research is a quantitative study with a cross-sectional design to determine the relationship between food waste behavior and feeding patterns on the nutritional status of toddlers in Tanah Sareal District, Bogor City. This research has received approval from the Esa Unggul University Research Ethics Commission with ethical review number 09 22 01 004 /DPKE-KEP/FINALEA/UEU/I/2022. The entire research activities starting from the preliminary survey to data collection were carried out in MarchApril 2022. This research was conducted in Tanah Sareal District, Bogor City. Analysis of the nutritional status of children under five uses three calculation indices, namely (weight/age, height/age, and weight/height). Then from the results of the analysis, the interpretation of nutritional status is carried out based on three anthropometric indices

Hasil dan Manfaat

Chi-square test shows that, in the Food Waste Behavior variable, a p-value of 0.000 is obtained where the result is a value (p <0.05) so that it can be concluded that there is a relationship between Food Waste behavior and the nutritional status of toddlers. It can be seen that out of 100 respondents, 58 (90.6%) of children under five with nutritional status at risk include being at risk of over nutrition or under nutrition having a value of <60%, which means that there are still many toddlers with nutritional status at risk who still like to do Food Waste behavior, such as throwing away food that is still suitable consumed. The nutritional status at risk for toddlers is most at risk of malnutrition, this is indicated by phenomena in the field that cause toddlers to produce more Food Waste because toddlers are experiencing Shut Mouth Movement (GTM), and mothers don't pay attention to toddlers' food portions so they often eat too much and in the end thrown away. 25 toddlers with normal nutritional status (69.4%) have values ≥60% who do not like to do food waste behavior. Analysis of the relationship between Food Waste behavior and the nutritional status of toddlers produces an odds ratio (OR) value of 0.046 with a 95% CI between the upper and lower limits of 0.061-0.137, which means that respondents with Food Waste behavior have a risk of .046 times to experience a nutritional status at risk include those at risk of under or over nutrition. The relationship between Food Waste behavior and nutritional status has a negative relationship or reduces the incidence of risky nutritional status (more or less risk) (OR value <1).

according to WHO. Interpretation results are then divided into two categories, namely normal nutritional status and at risk, nutritional status at risk means more or less risk. Interpretation can be done by referring to the interpretation table, such as an example of how to interpret the nutritional status of under five: Known under five nutritional status based on weight/height: -0.31 (high), weight/age: 1.39 (normal weight), height/age: -2.00 (Normal) so that it can be concluded based on the interpretation table of the nutritional status of toddlers who are more, but not obese.

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