

KUALITAS DIET BADUTA BERDASARKAN POLA ASUH PEMBERIAN MAKAN DAN KETAHANAN PANGAN RUMAH TANGGA DI KAPANEWON BAMBANGLIPURO

Aulia Nur Listyani¹, Nur Hidayat², Tri Siswati³
^{1,2,3} Jurusan Gizi, Poltekkes Kemenkes Yogyakarta
Jalan Tata Bumi, Banyuraden, Gamping, Sleman, D.I. Yogyakarta, Indonesia
Email: aulialistyani.nutrition@gmail.com

ABSTRAK

Latar belakang: Usia baduta merupakan masa penting pertumbuhan dan perkembangan sehingga memerlukan asupan yang optimal, di mana asupan dapat dipengaruhi oleh ketahanan pangan rumah tangga dan pola asuh pemberian makan.

Tujuan: Mengetahui hubungan antara kualitas diet baduta dengan pola asuh pemberian makan dan ketahanan pangan rumah tangga di Kapanewon Bantul.

Metode: Penelitian *cross-sectional* ini melibatkan 186 anak usia 6–23 bulan yang dipilih secara *consecutive sampling* pada November 2025. Asupan makanan, ketahanan pangan rumah tangga, pola asuh pemberian makan, serta konsumsi makanan tidak sehat dianalisis dalam penelitian ini. Indikator standar WHO digunakan untuk menilai *minimum acceptable diet* (MAD), *minimum dietary diversity* (MDD), dan *minimum meal frequency* (MMF), dengan *Unhealthy Food Consumption* (UFC) sebagai indikator tambahan untuk menggambarkan risiko kualitas diet.

Hasil: Usia anak yang lebih tinggi (AOR=0,88; 95% CI: 0,79–0,97) dan jenis kelamin laki-laki (AOR=0,40; 95% CI: 0,18–0,92) memiliki odds yang lebih rendah untuk tidak terpenuhinya MAD. Ketahanan pangan rumah tangga, pola asuh pemberian makan, dan UFC tidak berhubungan signifikan dengan MAD. Secara deskriptif, tingginya pencapaian MAD (83,3%) disertai tingginya UFC (81,7%).

Kesimpulan: Kualitas diet baduta berdasarkan MAD tergolong tinggi tetapi masih disertai tingginya UFC. Artinya, MAD belum sepenuhnya mencerminkan kualitas diet anak secara menyeluruh. Usia dan jenis kelamin anak berhubungan signifikan dengan MAD, sementara faktor lainnya tidak menunjukkan hubungan bermakna.

Kata kunci: baduta, kualitas diet, ketahanan pangan rumah tangga, pola asuh pemberian makan

**DIETARY QUALITY OF YOUNG CHILDREN BASED ON FEEDING
PRACTICES AND HOUSEHOLD FOOD SECURITY
IN BAMBANGLIPURO SUBDISTRICT**

Aulia Nur Listyani¹, Nur Hidayat², Tri Siswati³
^{1,2,3} Department of Nutrition, Poltekkes Kemenkes Yogyakarta
Tata Bumi St., Banyuraden, Gamping, Sleman, Yogyakarta, Indonesia
Email: aulialistyani.nutrition@gmail.com

ABSTRACT

Background: *The first two years of life represent a critical period for growth and development requiring optimal nutrition, which may be influenced by household food security and feeding practices.*

Objective: *To examine the relationship between feeding practices, household food security, and dietary quality among young children in Kapanewon Bantul.*

Methods: *This cross-sectional study involved 186 children aged 6–23 months recruited through consecutive sampling in November 2025. Dietary intake, household food security, feeding practices, and unhealthy food consumption (UFC) were assessed. Standard WHO indicators were used to derive minimum acceptable diet (MAD), minimum dietary diversity (MDD), and minimum meal frequency (MMF), with UFC included as a complementary indicator of dietary risk.*

Results: *Older children (AOR=0.88; 95% CI: 0.79–0.97) and male children (AOR=0.40; 95% CI: 0.18–0.92) had lower odds of not meeting MAD. Household food security, feeding practices, and UFC were not significantly associated with MAD. Descriptively, high MAD attainment (83.3%) coexisted with high UFC (81.7%).*

Conclusion: *Dietary quality among young children, as measured by MAD, was relatively high but coexisted with high UFC. This suggests that MAD does not fully reflect overall diet quality. Child age and sex were significantly associated with MAD, while other factors were not.*

Keywords: *young children, dietary quality, household food security, feeding practices*