

ABSTRACT

The family of rice farmers is one of the families that is vulnerable to food insecurity. Food insecurity in farm families can affect the nutritional status of family members, including the nutritional status of primary school-age children in the family. This study aims to determine the relationship between consumption patterns and food security with nutritional status of elementary school students from farm families and the relationship between consumption patterns and food security of farm families.

This type of research was analytic observational with cross sectional research design. The sample size was 60 elementary school students from grade 1 to grade 6 at SDN Jombatan 1, 2, and 3. To collect data, measurements of student height and weight, respondent profile questionnaire, 2x24H food recall, IDDS form, and US- HFSSM form were used. Data analyzed using Spearman test.

The results showed that most of the dietary diversity and macro nutrient intake on primary school children from farm families was less. Most of the farm families also were food insecure. The statistic test results showed that there was no relationship between types of rice farmers, land ownership, parental income, diversity of food consumption, levels of energy and protein consumption, and family food security with nutritional status of elementary school students from farm family. The diversity of food consumption and the level of protein consumption also not related with family food security. But the level of energy consumption was related to family food security ($p=0.039$).

The conclusion of this study is consumption pattern and family food security are not related with nutritional status of elementary school students from farm family. Only the level of energy consumption is associated with family food security.

Keywords: consumption patterns, food security, nutritional status, farmers, elementary school students

ABSTRAK

Keluarga petani padi menjadi salah satu keluarga yang mudah mengalami kerawanan pangan. Kerawanan pangan pada keluarga petani dapat mempengaruhi status gizi anggota keluarga, termasuk status gizi anak usia sekolah dasar dalam keluarga. Penelitian ini bertujuan untuk mengetahui hubungan antara pola konsumsi dan ketahanan pangan dengan status gizi siswa sekolah dasar dari keluarga petani serta hubungan antara pola konsumsi dengan ketahanan pangan keluarga petani.

Jenis penelitian ini adalah observasional analitik dengan desain penelitian *cross sectional*. Besar sampel sebanyak 60 siswa sekolah dasar kelas 1 hingga kelas 6 di SDN Jombatan 1, 2, dan 3. Untuk mengumpulkan data, digunakan pengukuran tinggi badan dan berat badan siswa, kuesioner profil responden, 2x24 jam *food recall*, formulir IDDS, dan formulir US-HFSSM. Analisis data menggunakan uji Spearman.

Hasil penelitian menunjukkan bahwa sebagian besar siswa sekolah dasar dari keluarga petani keragaman konsumsi pangannya dan asupan zat gizi makronya masih kurang. Sebagian besar keluarga petani juga termasuk rawan pangan. Hasil uji statistik menunjukkan tidak terdapat hubungan antara jenis petani padi, kepemilikan lahan, pendapatan orang tua, keragaman konsumsi pangan, tingkat konsumsi energi dan protein, serta ketahanan pangan keluarga dengan status gizi siswa sekolah dasar. Keragaman konsumsi pangan dan tingkat konsumsi protein juga tidak berhubungan dengan ketahanan pangan keluarga. Namun, tingkat konsumsi energi berhubungan dengan ketahanan pangan keluarga ($p=0,039$).

Kesimpulan dari penelitian ini, pola konsumsi dan ketahanan pangan keluarga tidak berhubungan dengan status gizi siswa sekolah dasar dari keluarga petani. Hanya tingkat konsumsi energi yang berhubungan dengan ketahanan pangan keluarga.

Kata kunci : pola konsumsi, ketahanan pangan, status gizi, petani, siswa sekolah dasar