



UNIVERSITAS INDONESIA

**DETERMINANT FACTORS OF MINIMUM ACCEPTABLE
DIET AMONG CHILDREN AGED 6-11 MONTHS DURING
COVID-19 PANDEMIC IN INDONESIA**

THESIS

**ATHIYA FADLINA
1906319441**

**FACULTY OF MEDICINE
MASTER OF NUTRITION STUDY PROGRAM
JAKARTA
2021**



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Submitted in partial fulfillment of the requirements for Master of Nutrition

**ATHIYA FADLINA
1906319441**

**FACULTY OF MEDICINE
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2021**

AUTHOR'S DECLARATION OF ORIGINALITY

I hereby certify that I am the sole author of this thesis and no part of this thesis have been published either submitted for publication

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Nama : ATHIYA FADLINA

Student Registration Number : 1906319441

Tanda Tangan :



Tanggal : July 16th 2021

APPROVAL PAGE

This Thesis is submitted by

Name : Athiya Fadlina

Student Registration Number : 1906319441

Number


Study Program : Community Nutrition

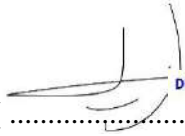
Title : DETERMINANT FACTORS OF MINIMUM
ACCEPTABLE DIET AMONG CHILDREN AGED 6-11
MONTHS DURING COVID-19 PANDEMIC IN
INDONESIA

Has been satisfactory defended before the examiners and approved as partial fulfillment of requirements for the degree of Master of Nutrition in Community Nutrition Study Program, Faculty of Medicine, University of Indonesia.

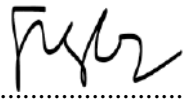
EXAMINERS TEAM

Advisor 1 : Prof. Saptawati Bardosono, MD, PhD ()

Advisor 2 : Dr. Ir. Judhiastuty Februhartany, M.Sc ()

Examiner 1 : Dr. Nurul Husna Mohd Shukri, M.Sc ()
Senior Lecturer
Department of Nutrition
Faculty of Medicine & Health Sciences
Universiti Putra Malaysia (UPM)

Examiner 2 : Dr. dr. Dian Novita Chandra, M. Gizi ()

Examiner 3 : Dr. dr. Ray W. Basrowi, MKK ()

Place : Jakarta

Date : July 16th 2021

PUBLICATION APPROVAL FOR ACADEMIC PURPOSE

As civitas academia of Universitas Indonesia, I hereby declare that

Name : Athiya Fadlina
Student Registration Number : 1906319441
Study Program : Community Nutrition
Department : Nutrition
Faculty : Medicine
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Place : Jakarta

Date : July 16th 2021



(Athiya Fadlina)

ABSTRAK

Nama : Athiya Fadlina
Program Studi : Gizi Komunitas
Judul : Faktor – Faktor Determinan Pola Pangan Minimum yang Dapat Diterima pada Anak Usia 6-11 Bulan selama Pandemi COVID-19 di Indonesia
Pembimbing : Prof. Saptawati Bardosono, MD, PhD
Dr. Ir. Judhiastuty Februhartany, M.Sc

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 signifikansi 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.

Kata Kunci :

Keragaman makanan minimum; Frekuensi makan minimum; Pola pangan minimum yang dapat diterima, Pandemi COVID-19, Indonesia

ABSTRACT

Name : Athiya Fadlina
Study Program : Community Nutrition
Title : Determinant Factors of Minimum Acceptable Diet among Children Aged 6-11 Months during COVID-19 Pandemic in Indonesia
Advisor : Prof. Saptawati Bardosono, MD, PhD
Dr. Ir. Judhiastuty Februhartany, M.Sc

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.

Keywords:

Minimum dietary diversity; Meal frequency; Minimum acceptable diet; COVID-19 Pandemic, Indonesia

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LIST OF ABBREVIATIONS

aOR	: adjusted odd ratio
ANC	: antenatal care
BPS	: <i>Badan Pusat Statistik</i>
CI	: confidence interval
COVID-19	: coronavirus disease-19
DHS	: Demographic Health Survey
FAO	: Food and Agriculture Organization
HFIAS	: household food insecure access scale
IYCF	: infant and young child feeding
KIA	: mother and child book
MAD	: minimum acceptable diet
MDD	: minimum dietary diversity
MMF	: minimum meal frequency
PAHO	: Pan American Health Organization
SEAMEO RECFON	: South East Asian ministers of Education and Organization Regional Community for Food and Nutrition
SD	: standar deviation
SPSS	: statistical packages for the social science
SUSENAS	: <i>Survei Sosial Ekonomi Nasional</i>
PSBB	: <i>Pembatasan Sosial Berskala Besar</i>
UNICEF	: United Children's Fund
WHO	: World Health Organization

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