

ABSTRAK

Keragaman pangan berperan dalam memenuhi kebutuhan zat gizi sehingga dapat mencegah kurang gizi pada anak. Penelitian ini bertujuan untuk menganalisis hubungan keragaman pangan dengan kejadian *undernutrition* pada anak usia 6-23 bulan di Desa Sukarame Kecamatan Sukarame Kabupaten Tasikmalaya tahun 2022. Penelitian ini berjenis observasional dengan desain *cross-sectional*. Populasi penelitian sebanyak 90 anak usia 6-23 bulan dengan 74 anak dipilih sebagai subjek penelitian. Teknik *proportional random sampling* digunakan untuk memilih subjek penelitian. Analisis data menggunakan analisis deskriptif dan uji statistik *Fisher's exact*. Hasil analisis univariat menemukan kejadian *stunting*, *underweight*, dan *wasting* masing-masing adalah 10,8%, 8,1%, dan 8,1%. Sebagian subjek dalam penelitian ini mengonsumsi makanan beragam (55,4%). Hasil analisis statistik menunjukkan keragaman pangan berhubungan secara signifikan dengan kejadian *underweight* ($p=0,03$), tetapi tidak ada hubungan antara keragaman makanan dengan *stunting* ($p=0,725$) dan *wasting* ($p=0,216$) pada anak usia 6-23 bulan. Konsumsi keragaman pangan harus disertai dengan porsi dan jumlah pangan yang cukup untuk memenuhi kebutuhan gizi.

Kata kunci: anak, keragaman pangan, *stunting*, *underweight*, *wasting*.

ABSTRACT

Dietary diversity plays a role in meeting nutritional needs to prevent undernutrition in children. This study aims to analyze the relationship between food diversity and the incidence of undernutrition in children aged 6-23 months in Sukarame Village, Sukarame District, Tasikmalaya Regency in 2022. This research method is observational with a cross-sectional design. The study population consisted of 90 children aged 6-23 months with 74 children selected as research subjects. Proportional random sampling technique was used to select research subjects. Data analysis used descriptive statistical tests and Fisher's tests. The results of the univariate analysis found that the incidence of stunting, underweight, and wasting were 10.8%, 8.1%, and 8.1%, respectively. Most of the subjects in this study consumed various foods (55.4%). Statistical analysis showed that dietary diversity was significantly associated with underweight ($p=0,03$), but there was no association between dietary diversity and stunting ($p=0.725$) and wasting ($p=0.216$) in children aged 6-23 months. Adequate portions and amounts of food must accompany the consumption of food diversity to meet nutritional needs.

Keywords: *children, dietary diversity, stunting, underweight, wasting*