

HOUSEHOLD FOOD SECURITY AND FEEDING PRACTICES FOR CHILDREN BELOW 5 YEARS IN MAROS REGENCY, INDONESIA

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BACKGROUND :

Food provision practices for children below 5 years determine the growth of children. If the practice of providing food for children under five years is good, their growth will be optimal, and vice versa if it is not good, their growth will be less than optimal. Food provision practices are influenced by household food security. The purpose of this study was to analyze the relationship between household food security and food provision practices for children below 5 years in Maros Regency.

METHOD :

The type of research used was quantitative with an analytical observational approach with a cross-sectional research design. The population was all children below 5 years, and the sample was 90 people with an accidental sampling technique. Data collection through interviews using questionnaires for dependent-independent variables. Data processing using the SPSS program. Univariate analysis to determine the frequency distribution; bivariate analysis using the chi-square test.

RESULTS & DISCUSSION:

The results of the study showed that food security was 80 (88.9%), food insecurity without hunger was 3 people (3.3%), food insecurity with moderate hunger was 6 people (6.7%), and food insecurity with hunger was 1 person (1.1%), good Feeding practices were 59 people (65.6%), and poor were 31 people (34.4%). The relationship between food security and feeding based on $p\text{-value} = 0.03$, strengthens that good food security provides access to nutritious food. The availability of sufficient and diverse food allows families to provide varied foods to children, which is important for their growth and development.

CONCLUSION :

There is a relationship between food security and feeding practices in children below 5 years.

KEYWORDS : Household food security; Feeding practices; Children below 5 years