

SUMMARY

HUBUNGAN ASUPAN VITAMIN A, KONSUMSI BUAH DAN SAYUR TERHADAP KEJADIAN LOW VISION PADA ANAK USIA 7-12 TAHUN DI PROVINSI BENGKULU (Analisis Data Sekunder Riskesdas Tahun 2010)

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Subject : VITAMIN A, LOW VISION, BUAH, SAYUR
Subject Alt : VITAMIN A, LOW VISION, FRUIT, VEGETABLE
Keyword : Vitamin A, Konsumsi buah dan sayur, low vision

Description :

Hubungan Asupan Vitamin A, Konsumsi Buah dan Sayur dengan Kejadian Low Vision Pada Anak Usia Sekolah 7-12 Tahun di Provinsi Bengkulu.
(Analisa Data Sekunder Riskesdas Tahun 2007)xi, VI Bab, 98 Halaman, 16 Tabel, 5 Grafik

Latar Belakang : Low vision tidak sama dengan kebutaan. Tidak seperti orang yang buta, orang dengan low vision memiliki beberapa pandangan yang berguna. Low vision terjadi karena beberapa faktor seperti kelahiran yang terlalu muda (premature), infeksi ibu ketika hamil, kelainan refraksi, asupan yang tidak memadai, pola dan kebiasaan makan yang salah serta defisiensi vitamin A.

Tujuan : Mengetahui hubungan asupan vitamin A, konsumsi buah dan sayur dengankejadian low vision pada anak usia 7-12 tahun di Provinsi Bengkulu tahun 2007. Metode Penelitian : Data yang digunakan data sekunder Riskesdas 2007, dengan pendekatan

cross-sectiona, dengan jumlah sampel keseluruhan (n = 894). Menggunakan uji statistik uji ttest independent dan uji chi square.

Hasil : Rata-rata responden berusia 9 tahun 5 bulan. Rata-rata asupan vitamin A 173.19 µg.

Persentase konsumsi buah adalah 89.1% (kurang), dan 10.9% (cukup). Persentase konsumsisayur adalah 91.7% (kurang), dan 8.3% (cukup). Tidak ada hubungan asupan vitamin A, konsumsi buah dan sayur dengan kejadian low vision ($p=0.05$).

Kesimpulan : Perlu adanya perhatian dari orangtua mengenai asupan vitamin A, konsumsi buah dan sayur serta perhatian dari pihak yang terkait mengenai prevalensi low vision. Perlu adanya peningkatan program penyuluhan kesehatan dan gizi.

Kata kunci : Vitamin A, konsumsi buah dan sayur, low vision

Description Alt:

Relationship between Vitamin A Intake, Fruit and Vegetable Consumption with the Incident of Low Vision In School Age Children 7-12 Years in Bengkulu Province.

(2007 Riskesdas Secondary Data Analysis)xi, VI Chapter, 98 Pages, 16 Tables, 5 Graphs

Background: Low vision is not the same as blindness. Not like a blind person, people with low vision have some useful insights. Low vision occurs due to several factors such as birth that is too young (premature), maternal infection during pregnancy, refractive errors, inadequate intake, wrong eating patterns and habits

and vitamin A deficiency.

Objective: To determine the relationship between vitamin A intake, fruit and vegetable consumption and the incidence of low vision in children aged 7-12 years in Bengkulu Province in 2007. **Research Method:** The data used is secondary data from Riskesdas 2007, with an approach

cross-sectiona, with a total sample size (n = 894). Using statistical tests, independent t-test and chi square test.

Results: The average age of respondents was 9 years 5 months. The average intake of vitamin A was 173.19 µg.

The percentage of fruit consumption is 89.1% (less), and 10.9% (sufficient). The percentage of vegetable consumption is 91.7% (less) and 8.3% (sufficient). There was no relationship between vitamin A intake, fruit and vegetable consumption and the incidence of low vision (p<#8805;0.05).

Conclusion: Parents need to pay attention to vitamin A intake and consumption

fruit and vegetables as well as attention from related parties regarding the prevalence of low vision. Need

there is an increase in health and nutrition education programs.

Key words: Vitamin A, fruit and vegetable consumption, low vision

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