

SUMMARY

ANALISIS PERBEDAAN POLA KONSUMSI MAKANAN DAN ASUPAN ZAT GIZI MAKRO MASYARAKAT WILAYAH PULAU SUMATERA DAN JAWA (ANALISIS DATA RISKESDAS 2010)

Differential Analysis of Food Consumption Pattern and Macronutrient Intake
Among Sumatera and Jawa Island Community (Riskesdas 2010 Data Analysis)

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Subject : KONSUMSI, MAKANAN, GIZI
Subject Alt : FOOD CONSUMPTION, NUTRIENT
Keyword : pola konsumsi;Sumatera;Jawa

Description :

Pola makan secara umum dipengaruhi oleh faktor lingkungan dan kebudayaan. Kebudayaan dan lingkungan sekitar menuntun orang dalam berperilaku dan memenuhi kebutuhan dasar biologisnya, termasuk kebutuhan terhadap pangan. Budaya mempengaruhi seseorang dalam menentukan apa yang akan dimakan, bagaimana pengolahan, persiapan, dan penyajian, serta untuk siapa, dan dalam kondisi bagaimana pangan tersebut dikonsumsi. Keragaman konsumsi pangan di tingkat rumah tangga erat kaitannya dengan ciri-ciri demografis, aspek sosial, ekonomi serta potensi sumber daya alam setempat. Perbedaan tersebut, ditambah dengan kendala dalam distribusi pangan antar daerah, menyebabkan pola konsumsi makanan antar daerah akan bervariasi dari satu daerah ke daerah lain.

Sampel penelitian ini adalah seluruh masyarakat berusia 4-97 tahun yang tinggal di wilayah pulau Sumatera dan Jawa. Penelitian ini bersifat deskriptif cross sectional dengan menggunakan data sekunder Riset kesehatan Dasar 2010. Analisis data dilakukan secara deskriptif dan inferensia dengan uji Independent T Test.

Hasil penelitian menunjukkan pola konsumsi masyarakat Jawa dan Sumatera relatif sama dengan perbedaan beberapa sumber bahan makanan yang tersedia serta merupakan tradisi wilayah setempat. Pada Sebagian besar kelompok umur terdapat perbedaan yang signifikan pada asupan zat gizi makro berdasarkan wilayah Jawa dan Sumatera ($p < 0.05$).

Description Alt:

Food Consumption pattern in general is influenced by environmental and cultural factors. Culture and environment usually led people to behave in order to fulfill their basic biological needs, including the need for food. Culture affects a person in deciding what to eat, how to process the food, and to whom, and under what conditions the food is consumed. The diversity of food consumption at the household level closely related to demographic characteristics, social, economic as well as the potential of local natural resources. That difference, along with constraints in the food distribution among regions, causing food consumption

patterns between regions will vary from one region to another
The sample was all the community age 4-97 years old who lived in Sumateran and Jawa Island. This was a descriptive study with cross sectional design using secondary data from RISKESDAS 2010. Data analysis was performed by descriptive and inferential test Independent T Test. The results showed food consumption pattern among Jawa and Sumatera Community relatively similar, but several food were different from two region which shows the traditional food in that provinces. For almost all age group, the analysis showed that there is significant different of macronutrient intake between Jawa and Sumatera community ($p < 0.005$)

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