



ABSTRAK

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HUBUNGAN ASUPAN ENERGI, ZAT GIZI MAKRO, MIKRO DAN STATUS GIZI TERHADAP KEBUGARAN JASMANI REMAJAVEGETARIAN USIA 16-19 TAHUN DI PUSDIKLAT BUDDHIS MAITREYAWIRA

xvi, VI Bab, 149 Halaman, 27 Tabel, 7 Grafik, 5 Lampiran

Latar Belakang : Vegetarian adalah orang yang hidup dari mengonsumsi produk yang berasal dari tumbuhan (nabati) dengan atau tanpa susu dan telur, tetapi secara keseluruhan menghindari untuk mengonsumsi daging, unggas dan hewan laut. Menurut penelitian 3% anak rentang usia 8-18 tahun serta remaja menjadi vegetarian dan 1% nya menjadi vegan (ADA, 2009). Hasil penelitian terkait kebugaran di Indonesia menurut *Sport Development Index* tahun 2006 menunjukkan kondisi kebugaran masyarakat kita: 1,08% masuk dalam kategori baik sekali; 4,07% baik; 13,55% sedang; 43,90% kurang; Remaja yang vegetarian diharapkan dapat memenuhi semua kebutuhan zat gizi agar memiliki kondisi kebugaran jasmani yang baik sehingga dapat melakukan aktivitas sehari-hari secara optimal

Tujuan : Tujuan umum penelitian ini adalah untuk mengetahui hubungan asupan energi, zat gizi makro, zat gizi mikro (besi (Fe), seng (Zn), Magnesium (Mg) dan Vit C) dan status gizi dengan kebugaran jasmani remaja vegetarian usia 16-19 tahun di Pusdiklat Buddhis Maitreyawira.

Metode : Desain penelitian *cross sectional study*, menggunakan uji *Spearman*. Pengambilan sampel dengan cara Total Random Sampling.

Hasil : Hasil dari uji statistik didapatkan hasil *p-value* untuk asupan energi (*p-value* = 0,001), asupan protein (*p-value* = 0,001), asupan lemak (*p-value* = 0,002), asupan karbohidrat (*p-value* = 0,166), asupan zat besi (*p-value* = 0,737), asupan seng (*p-value* = 0,206), asupan vitamin C (*p-value* = 0,085), IMT (*p-value* = 0,764) dan kadar Hb (*p-value* = 0,014).

Kesimpulan : Ada hubungan asupan energi, protein, lemak, zat besi dan kadar Hb, sedangkan karbohidrat, seng, magnesium dan vitamin C dinyatakan tidak ada hubungan dengan kebugaran jasmani remaja vegetarian usia 16-19 tahun di Pusdiklat Buddhis Maitreyawira.

Daftar bacaan : 98 (1986-2017)

Kata kunci : asupan energi, indeks masa tubuh, kadar Hb, kebugaran jasmani, vegetarian, zat gizi makro dan zat gizi mikro



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ASSOCIATION BETWEEN ENERGY, MACRO NUTRITION, MICRO NUTRITION AND NUTRITIONAL STATUS WITH PHYSICAL FITNESS OF VEGETARIAN ADOLESCENTS AT 16-19 YEARS OLD AT MAITREYAWIRA BUDDHIST TRAINING CENTER

xvi, VI Chapter, 149 Page, 27 Table, 7 Graph, 5 Attachments

Background: Vegetarians are people who live from consuming plant-based (or plant-based) products with or without milk and eggs, but overall avoid eating meat, poultry and marine animals. According to research 3% of children 8-18 years old range as well as adolescents become vegetarian and 1% become vegan (ADA, 2009). Results of fitness-related research in Indonesia according to the 2006 Sport Development Index show our community's fitness condition: 1.08% fall into excellent category; 4.07% good; 13.55% moderate; 43.90% less; Vegetarian teenagers are expected to meet all the nutritional needs in order to have good physical fitness condition so that it can perform daily activities optimally

Purpose: The general purpose of this research is to know the correlation of energy intake, macro nutrient, micro nutrients (iron (Fe), zinc (Zn), Magnesium (Mg) and Vit C) and nutritional status with physical fitness of vegetarians aged 16- 19 years at the Maitreyawira Buddhist Training Center.

Method: Cross-sectional study design study, using Spearman test. Sampling by Total Random Sampling.

Results: The results of the statistical test obtained p-value for energy intake (p-value = 0.001), protein intake (p-value = 0.001), fat intake (p-value = 0.002), carbohydrate intake (p-value = (P-value = 0,256), intake of vitamin C (p-value = 0,085), IMT (p-value = 0,764) and Hb level (p-value = 0.014).

Conclusion: There is an association of energy intake, protein, fat, iron and Hb levels, while carbohydrate, zinc, magnesium and vitamin C are stated no relation to physical fitness of vegetarian adolescents aged 16-19 years in Maitreyawira Buddhist Center.

The reading list : 98 (1986-2017)

Keywords: energy intake, body mass index, Hb level, physical fitness, vegetarian, macro nutrient and micro nutrients