

ABSTRAK



UNIVERSITAS ESA UNGGUL
FAKULTAS ILMU-ILMU KESEHATAN
PROGRAM STUDI GIZI
SKRIPSI, FEBRUARI 2018

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PERBEDAAN ASUPAN ENERGI, ZAT GIZI MAKRO DAN KADAR GLUKOSA DARAH SEWAKTU BERDASARKAN JENIS MAKANAN POKOK MASYARAKAT ADAT DI KAMPUNG CIREUNDEU KOTA CIMAH I JAWA BARAT TAHUN 2018

viii , VI BAB, 98 Halaman, 17 Tabel, 3 Gambar, 5 Lampiran

Latar Belakang: Budaya konsumsi makanan pokok yang beranekaragam dipengaruhi oleh berbagai faktor. Faktor tersebut yaitu pengaruh dari sosial budaya, agama dan kepercayaan, karakteristik alam dan lingkungan yang mencakup penyediaan pangan alamiah, serta pengetahuan gizi dan kesehatan yang ada pada masyarakat tersebut. Salah satunya Kampung Cireunde u yang mengonsumsi makanan pokok nasi singkong akibat kepercayaan dan kebudayaan yang dianut.

Tujuan: Mengetahui perbedaan asupan energi, zat gizi makro dan kadar glukosa darah sewaktu berdasarkan jenis makanan pokok masyarakat adat di Kampung Cireunde u Kota Cimahi Jawa Barat Tahun 2018.

Metode: Penelitian dilakukan di Kampung Cireunde u Kota Cimahi dengan desain penelitian *cross-sectional*. Sampel yang digunakan berdasarkan teknik *purposive sampling* sebanyak 80 responden berumur 20-45 tahun. Analisis bivariat menggunakan uji t test independen.

Hasil Penelitian: Responden didominasi oleh perempuan pada kelompok usia lebih banyak 30-45 tahun. Rata-rata asupan energi nasi singkong 1380,32 kkal dan nasi beras 1601,45 kkal, asupan karbohidrat nasi singkong 184,67 g dan nasi beras 214,8 g, asupan protein nasi singkong 39,1 g dan nasi beras 43,4 g, asupan lemak nasi singkong 49,7 g dan nasi beras 58,5 g, serta kadar glukosa darah sewaktu nasi singkong 105 mg/dl dan nasi beras 117 mg/dl. Uji statistik diperoleh perbedaan asupan energi ($p=0,007$), karbohidrat ($p=0,044$), protein ($p=0,073$), lemak ($p=0,012$), dan kadar glukosa darah sewaktu ($p=0,009$) berdasarkan jenis makanan pokok.

Kesimpulan: Ada perbedaan asupan energi, karbohidrat, lemak, dan kadar glukosa darah sewaktu berdasarkan jenis makanan pokok. Tidak ada perbedaan asupan protein berdasarkan jenis makanan pokok. Perlunya motivasi untuk perbaikan kebiasaan makan untuk masyarakat Cireunde u agar tercapainya asupan gizi yang seimbang.

Kata Kunci: Asupan Energi dan Zat Gizi Makro, Dewasa, Jenis Makanan Pokok, Kadar Glukosa Darah Sewaktu.

Daftar Bacaan: 97 (1999 - 2017)

ABSTRACT



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PROGRAM STUDY NUTRITION
UNDERGRADUATE THESIS, FEBRUARY 2018

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DIFFERENCES OF ENERGY, MACRO NUTRITION AND BLOOD GLUCOSE CONDITIONS BASED ON TYPES OF INDIGENOUS PEOPLE FOOD IN VILLAGE CIREUNDEU CITY CIMAHI WEST JAVA IN 2018

viii , VI Chapter, 98 Pages, 17 Tables, 3 Pictures, 5 Attachments

Background: The diverse culture of staple food consumption is influenced by various factors. These factors are social culture, religion and beliefs, natural and environmental characteristics that include the provision of natural food, as well as the knowledge of nutrition and health in society. One of them Cireundeu Village consume staple food cassava because of the beliefs and cultures that are adopted

Objective: To know the difference of energy intake, macro nutrient and blood glucose level when based on the staple food of indigenous people in Cireundeu Village Cimahi City, West Java Year 2018.

Method: The study was conducted in Cireundeu Village Cimahi City with cross-sectional research design. The sample used by purposive sampling technique is 80 respondents aged 20-45 years. Bivariate analysis using independent t test.

Results: Respondents were dominated by women in the age group of 30-45 years. Average energy intake of cassava rice 1380,32 kcal and rice 1601,45 kcal, intake of rice carbohydrate cassava 184,67 g and rice 214,8 g, cassava protein rice intake 39,1 g and rice 43,4 g, cassava rice fat intake 49,7 g and rice 58,5 g, and blood glucose level when cassava rice 105 mg/dl and rice 117 mg/dl. The statistical test obtained the difference of energy intake ($p = 0,007$), carbohydrate ($p = 0,044$), protein ($p = 0,073$), fat ($p = 0,012$), and blood glucose level ($p = 0,009$) based on staple food.

Conclusion: There are differences in energy intake, carbohydrates, fat, and blood glucose levels when based on the type of staple food. There is no difference in protein intake based on the type of staple food. The need for motivation to improve eating habits for the Cireundeu community to achieve a balanced nutritional intake.

Keywords: Energy Intake and Macro Nutrition, Adult, Type of Main Food, Blood Glucose Level.

Reading list: 97 (1999 - 2017)