

ABSTRAK



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HUBUNGAN ASUPAN ENERGI, KARBOHIDRAT, LEMAK, KALSIMUM, ZINC, VITAMIN D, KONSUMSI SAYUR, DAN BUAH TERHADAP KEGEMUKAN SISWA KELAS IV-VI SD NEGERI CIJORONG KABUPATEN SUKABUMI TAHUN 2018

xxi, VI Bab, 130 Halaman, 13 Tabel, 4 Gambar, 4 Lampiran

Latar Belakang: Indonesia menghadapi masalah gizi ganda yaitu gizi lebih dan kurang. Kegemukan disebabkan karena adanya kelebihan asupan energi dan zat gizi makro. Selain itu, kurangnya asupan zat gizi mikro, konsumsi sayur, dan buah pada anak sekolah juga menjadi faktor penyebab terjadinya kegemukan.

Tujuan: Mengetahui hubungan asupan energi, karbohidrat, lemak, kalsium, *zinc*, vitamin D, konsumsi sayur, dan buah terhadap kegemukan siswa kelas IV-VI SD Negeri Cijorong Kabupaten Sukabumi tahun 2018.

Metode: Jenis penelitian ini menggunakan desain penelitian kuantitatif dengan desain penelitian *cross sectional*. Jumlah sampel 51 responden dengan teknik *proportionate stratified random sampling*. Analisis data menggunakan uji *Korelasi Spearman*.

Hasil: Hasil analisis menunjukkan mayoritas usia responden 9-12 tahun (41,18 %) dan berjenis kelamin perempuan (52,94 %). Rata-rata (mean) asupan energi, karbohidrat, lemak, kalsium, *zinc*, vitamin D, dan konsumsi sayur berturut-turut adalah (2086,12±206,44 kkal, 258,26±29,13 g, 85,94±15,26 g, 705,61±177,85 mg, 8,45±1,45 mg, 8,82±2,01 mcg, dan 175,82±52,15 g). Rata-rata (median) status gizi dan konsumsi buah adalah (1,16±0,09 SD dan 110,00±4,27 g).

Kesimpulan: Ada hubungan asupan energi, karbohidrat, lemak, kalsium, *zinc*, konsumsi sayur, dan buah terhadap kegemukan ($p \leq 0,05$) dan tidak ada hubungan asupan vitamin D terhadap kegemukan ($p \geq 0,05$). Perlu diadakannya penyuluhan tentang gizi meliputi asupan zat gizi makro dan mikro serta konsumsi sayur dan buah, peran serta guru dan orang tua, dan diperlukan penelitian lebih lanjut terkait kegemukan.

Kata Kunci: anak SD, asupan, kegemukan, sayur buah, zat gizi

Jumlah Bacaan: 85 (2000-2016)

ABSTRACT



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THE RELATION AMONG ENERGY INTAKE, CARBOHYDRATE, FAT, CALCIUM, ZINC, VITAMIN D, VEGETABLE CONSUMPTION, AND FRUIT TOWARD STUDENTS OBESITY OF GRADE IV-VI AT CIJORONG ELEMENTARY SCHOOL SUKABUMI REGENCY THE YEAR OF 2018

xxi, VI Chapters, 130 Pages, 13 Tables, 4 Images, 4 Attachments

Background: Indonesia is confronting multiple nutritional problems which are more and less nutrition. Obesity is caused by the existence of energy intake excess and macro nutrition. Besides, the lack of macro nutrition intake, vegetable consumption, and fruit towards students in the school also become factors causing obesity.

Objective: To find out the relation among energy intake, carbohydrate, fat, calcium, zinc, vitamin D, vegetable consumption, and fruit toward students' obesity of grade IV-VI Cijorong Elementary School Sukabumi Regency the year of 2018.

Method: The method applied is quantitative research with the cross sectional research design. The total sample is 51 respondents using technique of *proportionate stratified random sampling*. The data analysis applied is Spearman Correlation Test.

Results: The result of analysis shows that the majority of respondent ages is 9-12 years old (41,18%), which the gender is female (52,94%). Mean of energy intake, carbohydrate, fat, calcium, zinc, vitamin D, and vegetable consumption respectively are (2086,12±206,44 kkal, 258,26±29,13 g, 85,94±15,26 g, 705,61±177,85 mg, 8,45±1,45 mg, 8,82±2,01 mcg, and 175,82±52,15 g). Median of nutritional status and fruit consumption are (1,16±0,09 SD and 110,00±4,27 g).

Conclusions: There are the relations among energy intake, carbohydrate, fat, calcium, zinc, vegetable consumption, and fruit towards the obesity ($p \leq 0,05$) and there is no relation of vitamin D intake towards the obesity ($p \geq 0,05$). There needs to be counseling about nutrition that covers macro and micro nutrition intake as well as consumption of vegetable and fruit, the participation of teachers and parents, and the need of further research related to obesity.

Keywords: Elementary school students, obesity, vegetable and fruit, nutritional substance.

References: 85 (2000-2016)