

ABSTRACT

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Undergraduate Thesis, Maret 2018

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THE DIFFERENCE OF VEGETABLE AND FRUIT CONSUMPTION BASED ON SOCIAL ECONOMIC STATUS ON TEENAGERS IN SMPN 191 JAKARTA BARAT IN 2018

xviii, VI Chapter, 52 Pages, 12 Tables, 3 Pictures, 10 Attachments

Background: The vegetables and fruits are the source of micronutrients that are very beneficial to the human body because of the two components are very important in the process of metabolism as a regulatory agent and antibodies. The habit on consuming of vegetables and fruits in children is influenced by economic status. A better job will influence a good income. The level of income tends to be followed by the high number and type of food consumed, thus the consumption of food and its quality is influenced by family income factor.

Objective: To know the difference between vegetable and fruit consumption based on socioeconomic status on teenagers at junior high school 191 West Jakarta.

Method: This study is used Cross Sectional design, the sampling technique is proportionate stratified random sampling, the technique is Lottery Technique. Data analysis using Mann Whitney test.

Results: The Consumption of vegetables and fruits within mother's education ($p=0,479$, $p>0,05$), vegetable consumption and fruit within dad occupation ($p=0,503$, $p>0,05$), vegetable and fruit consumption with mother's occupation ($p=0,393$, $p>0,05$), vegetable and fruit consumption with family income ($p=0,559$, $p>0,05$).

Conclusion: Most of the respondents were early teenagers and female sex. There is no difference in consumption of vegetables and fruits based on socioeconomic status on teenagers at SMPN 191 West Jakarta, it is expected for the next another researcher to add the other variables that have not been found in this research such as level of micro sufficiency.

Reading list: 45 (2003-2017)

Keywords : Socioeconomic Status, Teenagers, Vegetable Consumption and Fruit.