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PERBEDAAN ASUPAN ENERGI, ZAT GIZI MAKRO, SERAT, INDEKS
MASSA TUBUH BERDASARKAN KADAR KOLESTEROL TOTAL
PADA DEWASA MUDA VEGETARIAN DI *INDONESIA VEGETARIAN
SOCIETY* JAKARTA

xvii, VI Bab, 143 Halaman, 24 Tabel, 8 Gambar, 6 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 Survei Kesehatan Rumah Tangga (SKRT) yang dikutip Budiarti, tahun 2004 prevalensi hiperkolesterolemia di Indonesia pada rentang usia 25-65 tahun sebesar 11,2%. Salah satu cara mencegah peningkatan kadar kolesterol dalam darah adalah mengubah pola makan menjadi seorang vegetarian.

Tujuan : Mengetahui perbedaan antara asupan energi, zat gizi makro (protein, lemak, dan karbohidrat), serat, indeks massa tubuh, dan aktivitas fisik berdasarkan kadar kolesterol total pada dewasa muda vegetarian di *Indonesia Vegetarian Society* Jakarta.

Metode : Desain penelitian *cross sectional study*, dilakukan uji *Beda Independent T-Test* apabila data berdistribusi normal dan *Mann Whitney* apabila data berdistribusi tidak normal. Penentuan sampel dilakukan dengan cara uji beda dua mean dan diperoleh sampel sebanyak 70 orang.

Hasil : Hasil dari uji statistik didapatkan hasil *p-value* untuk asupan energi (*p-value* = 0,0001), asupan protein (*p-value* = 0,002), asupan lemak (*p-value* = 0,0001), asupan karbohidrat (*p-value* = 0,001), IMT (*p-value* = 0,0001) berdasarkan kadar kolesterol total dengan kategori normal dan tidak normal menunjukkan adanya perbedaan bermakna (*p-value* ≤ 0,05), sedangkan rata-rata asupan serat (*p-value* = 0,972) dan rata-rata aktivitas fisik (*p-value* = 0,163) menunjukkan tidak ada perbedaan bermakna (*p-value* > 0,05).

Kesimpulan : Ada perbedaan asupan energi, protein, lemak, karbohidrat dan IMT berdasarkan kadar kolesterol total normal dan tidak normal, sedangkan asupan serat dan aktivitas fisik dinyatakan tidak ada perbedaan. Perlu adanya penyuluhan gizi dan kegiatan pemantauan rutin total kolesterol pada dewasa muda vegetarian di IVS Jakarta.

Kata kunci : Kadar Kolesterol, Vegetarian, Asupan Energi, Zat Gizi Makro, Serat, IMT dan Aktivitas Fisik

Daftar Bacaan : 113 (1983-2016)



ABSTRACT

ESA UNGGUL UNIVERSITY
FACULTY OF HEALTH SCIENCE
NUTRITIONAL SCIENCE COURSES
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DIFFERENCE OF ENERGY, MACRO NUTRITION, FIBER, BODY MASS INDEX BASED ON TOTAL KOLESTEROL CONDITION IN ADULT OF VEGETARIAN IN *INDONESIA VEGETARIAN SOCIETY* JAKARTA

xvii, VI Chapters, 143 Page, 24 Tables, 8 Pictures, 6 Attachments

Background : Vegetarians are people who live from consuming plant-based (or plant-based) products with or without milk and eggs, but over all avoid eating meat, poultry and marine animals. According to Household Health Survey (SKRT) cited Budiarti, in 2004 prevalence of hypercholesterolemia in Indonesia in the age range 25-65 years of 11.2%. One way to prevent elevated levels of cholesterol in the blood is to change the diet to become a vegetarian.

Objective : To purpose the difference between energy intake, macro nutrients (protein, fat, and carbohydrates), fiber, body mass index, and physical activity based on total cholesterol levels in young vegetarian adults in Indonesia Vegetarian Society Jakarta.

Methods : Cross sectional study design, independent Bed T-Test test if normal distribution data and Mann Whitney if the data is not normally distributed. Determination of the sample was done by means of different test of two mean and obtained sample of 70 people.

Results : The results of the statistical test obtained *p-value* for energy intake (*p-value* = 00001), protein intake (*p-value* = 0,002), fat intake (*p-value* = 0,0001), carbohydrate intake *p-value* = 0,001), BMI (*p-value* = 0.0001) based on total cholesterol level with normal and abnormal category showed significant difference (*p-value* ≤ 0,05), mean fiber intake (*p-value* = 0,972) and average physical activity (*p-value* = 0,163) showed no significant difference (*p-value* > 0,05).

Conclusions : There are differences in energy, protein, fat, carbohydrate and IMT intake based on normal and abnormal total cholesterol levels, whereas fiber intake and physical activity are expressed as no difference. There is a need for nutritional counseling and routine monitoring of total cholesterol in young vegetarian adults in IVS Jakarta.

Keywords : Cholesterol Level, Vegetarian, Energy Intake, Macro Nutrition, Dietary Fiber, IMT, and Physical Activity.

Reading List : 113 (1983-2016)