



## ABSTRAK

UNIVERSITAS ESA UNGGUL  
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SKRIPSI, AGUSTUS 2016

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**HUBUNGAN TINGKAT KECUKUPAN PROTEIN, KALSIMUM, ZINC,  
VITAMIN D DAN STATUS GIZI PADA REMAJA USIA 10-18 TAHUN DI  
PULAU JAWA (RISKESDAS 2010)**

xiv, VI BAB, 74 Halaman, 16 Tabel, 3 Gambar, 2 Lampiran

**Latar Belakang** : Masa remaja merupakan masa peralihan antara masa kanak-kanak ke masa dewasa yang meliputi perubahan biologik, psikologik dan sosial. Jumlah remaja berusia 10-18 tahun di dunia sekitar 1,2 miliar penduduk dan jumlah remaja di Indonesia mencapai 62 juta jiwa. Data Riskesdas 2010 menunjukkan rata-rata konsumsi protein remaja dibawah kebutuhan minimal yaitu 38,1%, Survei NHANES menunjukkan kecukupan kalsium remaja masih dibawah AKG yaitu 52,7%. Di Jakarta prevalensi tertinggi defisiensi vitamin D sebesar 75,9% dan sebesar 25% populasi beresiko mengalami defisiensi zinc. Data Riskesdas 2010 menunjukkan prevalensi kekurangan 8,9% dan prevalensi kegemukan 9,2 % di Pulau Jawa.

**Tujuan** : Mengetahui hubungan tingkat kecukupan protein, kalsium, zinc, vitamin D dan status gizi remaja usia 10-18 tahun di Pulau Jawa

**Metode Penelitian** : Bersifat survei analitik, desain penelitian *cross-sectional*. Data hasil Riset Kesehatan Dasar 2010 dianalisis dengan uji *chi-square* dengan jumlah sampel 771 remaja.

**Hasil Penelitian**: Tidak terdapat hubungan antara status gizi dengan tingkat kecukupan protein ( $p=0,224$ ), kalsium ( $p=0,254$ ), vitamin D ( $p=0,561$ ), dan ada hubungan antara status gizi dengan tingkat kecukupan zinc ( $p=0,032$ ),

**Kesimpulan**: Asupan makanan menentukan status gizi yang baik. Sehingga disarankan untuk mengkonsumsi makanan yang mengandung banyak zat gizi

**Kata Kunci** : Remaja, Status Gizi, Protein, Kalsium, Zinc, Vitamin D

**Daftar Baca** : 64 (1986 - 2014)



## ABSTRACT

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**RELATED LEVEL OF ADEQUACY PROTEIN, CALCIUM, ZINC,  
VITAMINE D AND NUTRITIONAL STATUS IN ADOLESCENT  
BETWEEN 10 UNTIL 18 IN JAVA ISLAND BASED ON RISKESDAS 2010**

xiv, VI CHAPTERS, 74 Pages, 16 Tables, 3 Pictures, 2 Attachments

**Background** : Adolescence is a time of transition between childhood to adulthood that includes changes in biological, psychological and social. The number of 10-18 year olds around the world, 1.2 billion people and the number of teenagers in Indonesia reached as 62 million people. Riskesdas 2010 showed an average consumption of protein adolescents below the minimum requirement of 38.1%. NHANES surveys show teenage calcium intake below the RDA is 52.7%. In Jakarta the highest prevalence deficiency vitamine D is 75,9% an the population at risk deficiency zinc is 25%. Riskesdas 2010 show prevalence stunting is 89% and obese is 92%

**Objective** : To find out the related protein, calcium, zinc, vitamine D and nutritional status of adolescence between 10 until 18 in java island..

**Methods** : This research is analytical survey with cross-sectional approach. The data from the Basic Health Research 2010 was analysed using Chi-square. The respondents consist of 771 teenager.

**Result** : There is no relationship between nutritional status and the level of protein adequacy ( $p=0,224$ ), calcium ( $p=0,254$ ), vitamine D ( $p=0,561$ ), but nutritional status and zinc adequacy related ( $p=0,032$ ),

**Conclusion** : Food intake determines nutritional status, Recommended to consume foods that contain lots of nutrients

**Keywords** : Adolescence, Nutritional Status, Protein, Calcium, Zinc, VitaminD

**Reading List** : 64 (1986 - 2014)