



ABSTRACT
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THE RELATIONSHIP BETWEEN BODY MASS INDEX STATUS AND EDUCATIONAL LEVEL, INTAKE OF ZINC AND CALCIUM TOWARDS ADOLESCENTS WITHIN 10-15 YEARS OLD IN WEST NUSA TENGGARA AND EAST NUSA TENGGARA PROVINCE.
(SECONDARY DATA ANALYSIS RISKESDAS 2010)

XVII, 6 chapters, 127 pages, 25 tables, 3 pictures, 4 graphics.

Background: Report of RISKESDAS 2010 showed that the prevalence of adolescents within 13-15 years old is 10.1 percent including 2.7 percent of very thin adolescents and obesity prevalence of 2.5 percent.

Objective : Determine the relationship of BMI status (IMT/U) towards education level, intake of zinc and calcium to adolescents within 10-15 years old in NTB and NTT.

Methods : This study is a cross-sectional design. Subject in this study are adolescents within 10-15 years old in NTB and NTT (n=1015). This study uses secondary data of Riskesdas 2010. Analyze of data using correlation test, one-way anova test and T-test independent.

Result: The average of zinc intake in NTB on male of age 10-12 and 13-15 years old (4.64 ± 1.88 SD) and (5.34 ± 2.1 SD), on female of age 10-12 and 13 – 15 years old (4.83 ± 2.23 SD) and (4.96 ± 2.24 SD), in NTT on male of age 10-12 and 13-15 years old (3.42 ± 1.82 SD) and (3.77 ± 1.79 SD), on female of age 10-12 and 13 – 15 years old (3.64 ± 1.99 SD) and (4.17 ± 2.98 SD). The average of calcium intake in NTB (325.42 ± 408.33), in NTT (339.82 ± 416.79). There is no relationship between BMI status with age and zinc intake ($p > 0.05$). There is no difference between BMI status and education level, nor between sex with zinc intake and calcium. There is a difference between BMI status with sex and there is also a difference between BMI status with intake of calcium ($p < 0.05$).

Conclusion: information and socialization about balance nutrition and body mass index status towards adolescents is required.

Keywords: body mass index status, education level, zinc, calcium, and adolescents.

Reading List: 76 (1986 – 2014)