

**ABSTRAK**  
**UNIVERSITAS ESA UNGGUL**  
**FAKULTAS ILMU-ILMU KESEHATAN**  
**PROGRAM STUDI ILMU GIZI**  
**SKRIPSI, FEBRUARI 2015**

**ANI FARIDA**

**ASUPAN ZAT BESI, VITAMIN A, ZINC DAN STATUS GIZI REMAJA  
USIA 13-15 TAHUN DI PROVINSI JAWA BARAT DAN BANTEN  
(ANALISIS DATA SEKUNDER RISKESDAS 2010)**

xv, VI Bab, 171 Halaman, 22 Tabel, 15 Grafik, 2 Gambar.

**Latar Belakang :** Laporan Riskesdas 2010 menunjukkan bahwa prevalensi kurus pada remaja usia 13-15 tahun di Provinsi Jawa Barat adalah sebanyak 6% di Banten sebesar 10.2 %.

**Tujuan:** Mengetahui Asupan Zat Besi, Vitamin A, *Zinc* dan Status Gizi Remaja Usia 13-15 Tahun Di Provinsi Jawa Barat dan Banten.

**Metode Penelitian :** Desain penelitian *cross-sectional*. Sampel remaja usia 13–15 tahun di Provinsi Jawa Barat (n=585) dan Banten (n=254). Penelitian ini menggunakan data sekunder Riskesdas 2010. Analisa data menggunakan Korelasi *Pearson*, Uji *One-way Anova*, *T-test Independent* dan analisis Regresi Linear Berganda.

**Hasil Penelitian :** Remaja di Provinsi Jawa Barat dan Banten memiliki status gizi normal (78.6% & 85.5%), kurus (7.4% & 3.9%) dan gemuk (14.0% & 10.2%). Rata-rata asupan zat besi di Provinsi Jawa Barat sebesar  $9.49 \pm 4.61$  mg (43.80% AKG), vitamin A  $357.46 \pm 167.92$   $\mu$ g (61.01% AKG) dan asupan *zinc*  $7.42 \pm 2.49$  mg (43.65% AKG). Asupan zat besi di Provinsi Banten  $7.32 \pm 3.01$  mg (37.73% AKG), vitamin A  $324.16 \pm 152.20$   $\mu$ g (54.28% AKG) dan asupan *zinc*  $6.48 \pm 2.85$  mg (32.29% AKG). Ada hubungan yang signifikan antara asupan zat besi dan status gizi  $r=0.089$  ( $p=0.010$ ), tetapi tidak terdapat hubungan asupan vitamin A ( $p=0.386$ ), *zinc* ( $p=0.060$ ) dan status gizi. Ada perbedaan asupan zat besi dan status gizi ( $p=0.016$ ), tidak ada perbedaan asupan vitamin A ( $p=0.634$ ), *zinc* ( $p=0.570$ ) dan status gizi. Tidak ada perbedaan asupan zat besi, vitamin A dan *zinc* berdasarkan tipe daerah ( $p>0.05$ ). Zat besi merupakan variabel yang paling kuat mempengaruhi status gizi remaja.

**Kesimpulan:** Perlu adanya program pendidikan gizi yang intensif dan kreatif di sekolah-sekolah terkait dampak dari pola makan yang salah dan rendahnya asupan zat besi terhadap status gizi.

**Kata Kunci:** Asupan Zat Besi, Vitamin A, *Zinc* dan Status Gizi Remaja

**Daftar Bacaan:** 146 (1989-2013).



## **ABSTRACT**

**ESA UNGGUL UNIVERSITY  
FACULTY OF HEALTH SCIENCES  
PROGRAM STUDY OF NUTRITION SCIENCE  
A THESIS, FEBRUARY 2015**

**ANI FARIDA**

**IRON INTAKE, VITAMIN A, ZINC AND NUTRITIONAL STATUS TEEN  
AGE 13-15 YEARS IN THE PROVINCE WEST JAVA AND BANTEN  
(SECONDARY DATA ANALYSIS RISKESDAS 2010)**

xv, VI Chapter, 171 Page, 22 Table, 15 Chart, 2 Picture.

**Background:** Report of Riskesdas 2010 the prevalence of underweight teen age 13-15 years in the province of west java 6% and Banten 10.2%.

**Objective :** This research is meant to know of iron intake, vitamin A, zinc and nutritional status by teen age 13-15 years in the Province of West Java and Banten..

**Method :** This research is cross-sectional study design. The sample of teen age 13-15 years in the Province West Java (n=585) and Banten (n=254). This study use secondary data Riskesdas 2010. Data analysis using Correlation Pearson, One-way Anova, T-test Independent and the Linear regression analysis double..

**Result :** Teenagers in the province of West Java and Banten having the nutritional status of normal (78.6% & 85.5%), underweight (7.4% & 3.9%) and overweight (14.0% & 10.2%). The average of iron intake in the Province of West Java  $9.49 \pm 4.61$  mg (43.80% RDA), vitamin A  $357.46 \pm 167.92$   $\mu$ g (61.01% RDA) and zinc intake  $7.42 \pm 2.49$  mg (43.65% RDA). Iron intake in the Province Banten  $7.32 \pm 3.01$  mg (37.73% RDA), vitamin A  $357.46 \pm 167.92$   $\mu$ g (54.28% RDA) and zinc intake  $6.48 \pm 2.85$  mg (32.29% RDA). There is a significant relationship between iron intake and nutritional status  $r=0.089$  ( $p=0.010$ ), but there was no relationship between vitamin A intake ( $p=0.386$ ), zinc (0.060) and nutrition status. There are differences that are meaningful iron intake according to nutritional status ( $p=0.016$ ), no differences vitamin A intake ( $p=0.634$ ), zinc (0.570) and nutritional status. There are no meaningful differences between iron intake, vitamin a and zinc based on type regions ( $p>0.05$ ). Iron is the variable has the most influence on nutrition status teenagers.

**Conclusions :** It needed the nutrition education intensive and creative in schools on the Impact of lifestyle wrong and the low intake of iron against the nutrition status.

**Keywords :** Iron Intake, Vitamin A, Zinc and Nutritional Status

**Literature:** 146(1989-2013).