



## ABSTRAK

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### HUBUNGAN ASUPAN ZINC, VITAMIN C DAN PROTEIN, STATUS EKONOMI DAN KEJADIAN WASTING PADA ANAK USIA 7-12 TAHUN DI PULAU KALIMANTAN (RISKESDAS 2010)

XIV,VI BAB, 105 Halaman, 11 Tabel , 2 gambar, 3 Grafik

**Latar belakang** : prevalensi kekurangan juga terlihat semakin menurun dengan meningkatnya status ekonomi.

**Tujuan** : Mengetahui hubungan dan perbedaan asupan zinc, vitamin C dan protein, status ekonomi dan kejadian wasting pada anak usia 7-12 tahun di Pulau Kalimantan

**Metode Penelitian** : Data yang digunakan data sekunder 2010, dengan pendekatan *cross-sectional*. Dengan jumlah sampel keseluruhan (n=604). Dalam pengujian statistik menggunakan . *Uji Mann-Whitney* dan *Uji Chi-square*.

**Hasil** : Umur responden dibagi menjadi 2 kategori 7-9 tahun dan 10-12 tahun, terdapat jenis kelamin laki-laki dan perempuan. Untuk rata-rata asupan zin, vitamin C dan protein perhari adalah 29.7 mg, 302 mg dan 296b gr. Perbedaan bermakna antara asupan zinc dengan status gizi ( $p<0.05$ ) dan tidak ada perbedaan bermakna antara asupan vitamin C, protein dengan status gizi yaitu ( $p>0.05$ ). ada hubungan yang bermakana antara asupan zinc dan status gizi ( $p<0.05$ ) dan tidak ada hubungan vitamin c, protein dengan status gizi ( $p>0.05$ ). ada hubungan status ekonomi dengan status gizi ( $p<0.05$ ).

**Kesimpulan** : Adanya perbedaan yang bermakna antara asupan zinc dengan status gizi dan tidak ada perbedaan yang bermakna antara asupan vitamin C dan protein dengan status gizi, dan adanya hubungan yang bermakna antara asupan zinc dengan status gizi, adanya hubungan bermakna status ekonomi dengan status gizi, dan tidak ada hubungan yang bermakna antara asupan vitamin C dan protein dengan status gizi. Oleh karena itu perlu adanya perhatian dari orang tua mengenai asupan zat gizi mikro dan makro.

Kata kunci : Asupan zinc-vitamin C-protein, Status Ekonomi, Wasting  
Daftar Bacaan :50 (1992-2014)



## **ABSTRACT**

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SKRIPSI, FEBRUARY 2015

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### **RELATIONSHIP OF ZINC INTAKE, VITAMIN C AND PROTEIN, ECONOMIC STATUS AND WASTING EVENT ON CHILDREN 7-12 YEARS IN THE BORNEO ISLAND OF SECONDARY DATA ANALYSIS RISKESDAS 2010**

**Background** : This condition will affect the low quality of human resources is also visible emaciation prevalence decreased with increasing economic status.

**The Purpose** : This study aimed to relationships and differences intake of zinc, vitamin C and protein, economic status and the incidence of wasting in children aged 7-12 years in the island of Kalimantan.

**Research methods** : The method in this study using secondary data 2010 with cross-sectional approach. The number of samples (n = 604). In statistical testing using the Mann-Whitney and Chi-square test.

**Results** : The results of the study respondents were divided into two age categories 7-9 years and 10-12 years, there is a gender male and female. For the average intake of zinc, vitamin C and protein each day was 29.7 mg, 302 mg and 296 g. The results of the Mann-Whitney test states that there is a significant difference between zinc intake and nutritional status ( $p < 0.05$ ) and no significant difference between vitamin C and protein intake and nutritional status ( $p > 0.05$ ). Chi-Square test results stating that there is a significant association between the intake of zinc and economic status and nutritional status ( $p < 0.05$ ) and there was no relationship between vitamin C and protein nutritional status ( $p > 0.05$ ).

**Conclusion** : From the results obtained it can be concluded that there is a significant difference between zinc intake and nutritional status. There is no significant difference between vitamin C and protein intake and nutritional status. Significant correlation between zinc intake and economic status and nutritional status. No significant association between vitamin C and protein intake and nutritional status. Zinc is the most powerful variable affecting the nutritional status of primary school children. The need for intensive nutrition education programs and creative in schools related to the impact of wrong diet and low zinc intake on nutritional status. hence the need for attention from parents regarding the intake of micro and macro nutrients.

**Keyword** : *zinc intake, vitamin c, protein, economic status, wasting*

Reading list :50 (1992-2014)