

**UNIVERSITAS ESA UNGGUL
FAKULTAS ILMU-ILMU KESEHATAN
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**ASUPAN ENERGI, KALSIMUM, SERAT, ZAT BESI DAN STATUS GIZI
REMAJA USIA 16 – 18 TAHUN DI PROVINSI KALIMANTAN TENGAH
(ANALISIS DATA SEKUNDER 2010)**

xiv, VI Bab, 142 Halaman, 15 Tabel, 10 Grafik, 8 Gambar, 1 lampiran

Latar Belakang : Laporan Riskesdas 2010 menunjukkan bahwa prevalensi kekurusan pada remaja umur 16-18 tahun di Kalimantan Tengah terdiri dari 1.5% sangat kurus, 7.7% kurus.

Tujuan : Mengetahui Hubungan Asupan Energi, Kalsium, Serat, Zat Besi, dan Status Gizi Remaja Usia 16-18 Tahun di Provinsi Kalimantan Tengah.

Metode Penelitian : Desain penelitian *cross-sectional*. Sampel remaja usia 16-18 tahun di Provinsi Kalimantan Tengah (n=35). Penelitian ini menggunakan data sekunder Riskesdas 2010. Analisa data menggunakan Uji *T-test Independent*.

Hasil Penelitian : Remaja di Provinsi Kalimantan Tengah memiliki status gizi normal 82.9%, kurus 5.7%, dan gemuk 11.4%. Rata-rata asupan energi di Provinsi Kalimantan Tengah sebesar 1587.77 ± 400.167 kkal, kalsium 329.32 ± 277.796 mg, serat 8.65 ± 5.646 g, dan zat besi 7.41 ± 3.65 mg. Hasil uji statistik menunjukkan tidak ada hubungan asupan energi, kalsium, serat, zat besi dan status gizi ($p > 0.240$; $p > 0.678$; $p > 0.440$ and 0.709 ; $p \geq 0.05$).

Kesimpulan : Perlu adanya program penyuluhan atau sosialisasi gizi yang lebih intensif terhadap remaja terkait dampak dari pola makan yang salah dan rendah asupan energi, kalsium, serat, dan zat besi terhadap status gizi.

Kata Kunci : Asupan Energi, Kalsium, Serat, Zat Besi, dan Status Gizi Remaja

Daftar Bacaan : 94 (1985-2015).

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INTAKE OF ENERGY, CALCIUM, FIBER, IRON, AND NUTRITIONAL STATUS OF ADOLESCENT AGED 16-18 YEARS IN THE PROVINCE OF CENTRAL KALIMANTAN (*DATA ANALYLIS RISKESDAS 2010*)

xiv, VI Chapter, 142 Page, 15 Table, 10 Chart, 8 Picture, 1 Attachment

Background : Riskesdas 2010 showed that the prevalence of thinness in adolescents aged 16-18 years in Central Kalimantan consists of a very thin 1.5%, 7.7% underweight.

Objective : The research is to know the relationship in energy intake, calcium, fiber, iron, and the nutritional status of adolescents aged 16-18 years in the province of Central Kalimantan.

Method : Design used was cross-sectional. Sample of adolescents aged 16-18 years in the province of Central Kalimantan (n=35). This study uses secondary data Riskesdas 2010. Data analysis using t-Tests Independent.

Result : Adolescents in the province of Central Kalimantan have normal nutritional status of 82.9%, straight 5.7% and fat 11.4%. The average energy intake in the province of Central Kalimantan by 1587.77 ± 400.167 kcal, calcium 329.32 ± 277.796 mg, fiber 8.65 ± 5.646 g, and iron 7.41 ± 3.65 mg. The results showed no association of energy intake, calcium, fiber, iron and nutritional status ($p > 0.240$; $p > 0.678$; $p > 0.440$ and 0.709 ; $p \geq 0.05$).

Conclusions : The need for nutritional counseling program or a more intensive socialization of adolescents regarding the impact of wrong diet and low energy intake, calcium, fiber, and iron on nutritional status.

Keywords : Energy intake, Calcium, Fiber, Iron and Nutritional Status of Adolescent.

Literature : 94 (1985-2015).