



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

**MIA JUWITA SARI**

**PERBEDAAN ASUPAN KALSIMUM, VITAMIN A dan VITAMIN D  
MENURUT STATUS GIZI ANAK USIA 6-12 TAHUN BERDASARKAN  
TIPE DAERAH DI PULAU SULAWESI (RISKESDAS 2010)**

xiii, VI Bab, 115 Halaman, 27 Tabel, 12 Grafik, 4 Gambar.

**Latar Belakang :** Laporan Riskesdas 2010 prevalensi kurus anak usia 6-12 tahun di Pulau Sulawesi Utara sebanyak 7.5%, Sulawesi Tengah 11.5%, Sulawesi Selatan 12.6%, Sulawesi Tenggara 15.4% dan Gorontalo 11.7%.

**Tujuan:** Mengetahui perbedaan asupan kalsium, vitamin A, vitamin D dan status gizi anak usia 6-12 tahun di Pulau Sulawesi.

**Metode Penelitian :** Desain penelitian *cross-sectional*. Sampel usia 6-12 tahun di Pulau Sulawesi (n=606). Menggunakan data sekunder Riskesdas 2010. Analisa menggunakan Uji Multivariat, Korelasi *Pearson*, *One-way Anova*, dan *T-test Independent*.

**Hasil Penelitian :** Anak di Pulau Sulawesi memiliki status gizi normal (71.8%), kurus (9.9%) dan gemuk (18.3%). Rata-rata asupan kalsium di Pulau Sulawesi ( $224.5 \pm 190.6$ ) mg memenuhi 20.97% AKG, vitamin A ( $361.78 \pm 161.2$ )  $\mu\text{g}$  memenuhi 68.47% AKG dan asupan vitamin D ( $7.6 \pm 4.5$ )  $\mu\text{g}$  memenuhi 50.69% AKG. Tidak ada hubungan signifikan antara asupan kalsium dan status gizi z-score IMT/U ( $p=0.758$ ),  $r=0.013$ , tidak ada hubungan antara asupan vitamin A, vitamin D dan status gizi (masing-masing nilai  $p=0.529$ ,  $r=0.026$  &  $p=0.702$ ,  $r=0.016$ ). Tidak ada perbedaan antara asupan kalsium, vitamin A, vitamin D dan status gizi (kalsium  $p=0.296$ , vitamin A  $p=0.158$ , vitamin D  $p=0.676$ ). Tidak ada perbedaan asupan kalsium dan vitamin A berdasarkan tipe daerah (kalsium  $p=0.156$ ,  $t=1.421$ ,  $F=1.197$  dan vitamin A  $p=0.055$ ,  $t=1.92$ ,  $F=0.008$ ), namun ada perbedaan asupan vitamin D berdasarkan tipe daerah ( $p=0.004$ ,  $t=2.884$ ,  $F=0.224$ ).

**Kesimpulan :** Perlu adanya penyuluhan yang intensif kepada orang tua mengenai dampak rendahnya asupan zat gizi mikro serta pentingnya asupan gizi seimbang terhadap status gizi anak.

**Kata Kunci :** Asupan Kalsium, Vitamin A, Vitamin D, Status Gizi Anak

**Daftar Bacaan :** 54 (1995-2015).



**ABSTRACT**  
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**FACULTY OF HEALTH SCIENCES**  
**PROGRAM STUDY OF NUTRITION SCIENCE**  
**A THESIS, SEPTEMBER 2015**

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**DIFFERENCE OF CALCIUM INTAKE, VITAMIN A AND VITAMIN D  
ACCORDING TO NUTRITIONAL STATUS OF CHILDREN AGE 6-12  
YEARS BY TYPE REGION IN SULAWESI (RISKESDAS 2010)**

xiii, VI Chapter, 115 Page, 27 Table, 12 Chart, 4 Picture.

**Background** : Riskesdas 2010 showed prevalence of underweight children aged 6-12 years in the North Sulawesi, Central Sulawesi, South Sulawesi Southeast Sulawesi and Gorontalo are 7.5%; 11.5%; 12.6%; 15.4%; 11.7% respectively.

**Objective** : This research is meant to know difference of calcium intake, vitamin A and vitamin D according to nutritional status of children age 6-12 years by type region in Sulawesi.

**Method** : This research is cross sectional study design. The sample of children age 6-12 years in Sulawesi (n=606). Using Riskesdas 2010. Analysis using Multivariate Test, Pearson Correlation, One-way Anova and Independent T-test.

**Result** : Children on the Sulawesi has a normal nutritional status (71.8%), underweight (9.9%) and obese (18.3%). The average intake of calcium on the Sulawesi ( $224.5 \pm 190.6$ ) mg 20.97% RDA, vitamin A ( $361.78 \pm 161.2$ )  $\mu\text{g}$  68.47% RDA and vitamin D intake ( $7.6 \pm 4.$ )  $\mu\text{g}$  50.69% RDA. There is no significant relationship between calcium intake and nutritional status of the BAZ ( $p = 0.758$ ),  $r = 0.013$ , no relationship between intake of vitamin A, vitamin D and nutritional status ( $p = 0.529$ ,  $r = 0.026$  &  $p = 0.702$ ,  $r = 0.016$  respectively). There is no difference between the intake of calcium, vitamin A, vitamin D and the nutritional status (calcium  $p = 0.296$ , vitamin A  $p = 0.158$ , vitamin D  $p = 0.676$ ). There is no difference in the intake of calcium and vitamin A by type of region (calcium  $p = 0.156$ ,  $t = 1,421$ ,  $F = 1,197$  and vitamin A  $p = 0.055$ ,  $t = 1.92$ ,  $F = 0.008$ ), but there are differences in the intake of vitamin D by type of region ( $p = 0.004$ ,  $t = 2,884$ ,  $F = 0.224$ ).

**Conclusions** : It needed for counseling intensive to parents about the impact of low intake of micronutrients and the importance of balanced nutrition on a child's nutritional status.

**Keywords** : Calcium Intake, Vitamin A, Vitamin D and Nutritional Status

**Literature** : 54 (1995-2015).