

ABSTRAK



UNIVERSITAS ESA UNGGUL
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HUBUNGAN PENDIDIKAN KEPALA KELUARGA, STATUS EKONOMI, STATUS WILAYAH, ASUPAN KARBOHIDRAT, LEMAK, PROTEIN, BCAA (ISOLEUSIN, LEUSIN, VALIN) TERHADAP RESIKO OBESITAS PADA ANAK 6-12 TAHUN DI PULAU KALIMANTAN (ANALISIS DATA SEKUNDER RISKESDAS 2010)

VI BAB, 103 Halaman, 20 Tabel, 2 Bagan, 4 Grafik.

Latar Belakang: Secara Rasional dalam Riset Kesehatan Dasar 2010 prevalensi obesitas anak usia 6-12 tahun adalah 8,5% di pulau Kalimantan.

Tujuan: Mengetahui hubungan pendidikan kepala keluarga, status ekonomi, status wilayah, asupan karbohidrat, lemak, protein BCAA (isoleusin, leusin, valin) dan resiko obesitas pada anak 6-12 tahun di pulau Kalimantan.

Metode Penelitian: Data yang digunakan data sekunder Riskesdas 2010, dengan pendekatan *cross-sectional*. Dengan jumlah sampel keseluruhan (n=1997). Dalam pengujian statistik menggunakan uji *chi-square* dan uji t-test independen.

Hasil: Dari 1997 anak, 168 mengalami obesitas dan 1829 normal. Responden yang tinggal di perkotaan (n=896) dan yang tinggal dipedesaan (n=1101), dan responden yang status ekonominya tinggi (n=1255), dan yang status ekonominya rendah (n=742). Rata-rata asupan karbohidrat, lemak, protein, dan BCAA per hari adalah (170,3±80,6) gr, (36,0±25,5) gr, (42,0±20,8) gr, dan (7471,1±3687,2) mg. Tidak ada hubungan antara asupan karbohidrat, lemak, protein, BCAA dan kejadian obesitas.

Kesimpulan: Asupan karbohidrat, lemak, protein, dan BCAA tidak mempengaruhi status status gizi IMT/U obesitas.

Kata kunci: pendidikan kepala keluarga, status ekonomi, status wilayah, asupan karbohidrat, lemak, protein, BCAA (Isoleusin, Leusin, Valin)

Daftar Bacaan: (1982- 2015)

ABSTRACT



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THE RELATIONSHIP OF BETWEEN HEAD FAMILY EDUCATION LEVEL, ECONOMIC STATUS, TERRITORY STATUS, INTAKE OF CARBOHYDRATE, FAT, PROTEIN, AND BCAA (LEUSIN, ISOLEUSIN, VALIN) WITH OBESITY RISK CHILDREN OF 6-12 YEARS OLD IN KALIMANTAN ISLAND

VI Chapters, 105 Pages, 20 Tabels, 2 Charts, 4 Graphs.

Background: Rational Basic Health Research in 2010 prevalence of obese children aged 6-12 years was 8.5% in Kalimantan Island.

Objective: To determine the relationship head family education, economic status, status territory, carbohydrate, fat, protein, BCAA (isoleucine, leucine, valine) intake and obesity risk the children age 6-12 years in Kalimantan island.

Research methods: Research method secondary data of Riskesdas 2010, with cross-sectional approach. All amount samples (n =1997). The statistical tests used chi-square and independent t-test.

Results: Year 1997 children, 168 children was obese and 1829 children was normal. With The respondents (n =896) live in urban area and (n =1101) living in rural area, with economic status is high economic level (n =1255) and low economic level (n =742). Average intake of carbohydrates, fats, proteins, and BCAA per day was (170,3±80,6) gr, (36,0±25,5) gr, (42,0±20,8) gr and 7471,1 (7471,1±3687,2) mg. There is no relationship between intake of carbohydrates, fats, proteins, and BCAA with obesity.

Conclusion: Intake of carbohydrate, fats, protein, and BCAA does not affect the status of nutritional status of IMT / U obesity.

Keywords: head family education level, economic status, territory status, carbohydrate, fat, protein, BCAA (isoleucine, Leucine, Valine).