

Hubungan antara kecukupan konsumsi serat terhadap pola defekasi dan ukuran lingkaran perut di Kelurahan Mekar Jaya Kecamatan Sukma Jaya kota Depok = The relation between food grained sufficiency to the defecation scheme and the measurement of stomach shape in Mekar Jaya Village, Sukma Jaya District, Depok

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Abstrak

Tubuh manusia membutuhkan serat untuk menunjang fungsi pencernaan. Jenis serat tidak larut membantu mempersingkat waktu transit intestinal, mempermudah dan peningkatan defekasi. Penelitian ini dilakukan untuk mencari hubungan antara kecukupan konsumsi serat terhadap pola defekasi dan ukuran lingkaran perut. Penelitian ini merupakan penelitian kuantitatif desain deskriptif korelasi dan menggunakan uji analisis Chi-Square. Pengambilan sampel penelitian dilakukan dengan stratified random sampling dan melibatkan 100 orang responden.

Hasil penelitian didapatkan adanya hubungan antara kecukupan konsumsi serat terhadap ukuran lingkaran perut ($p=0,023$), tidak ada hubungan antara kecukupan konsumsi serat terhadap pola defekasi ($p=0,147$), dan tidak ada hubungan antara pola defekasi terhadap ukuran lingkaran perut ($p=0,667$).

.....Human Body needs food grained to support digestion function. Insoluble fibers grained help shortening intestinal transit time, facilitate defecation increase. This research was done to find out the relation of food grained sufficiency to the defecation scheme and the measurement of stomach shape. This research design was descriptive correlation and used Chi-Square analysis. This research sample collected by stratified random sampling and involved 100 respondents.

The result of this research, it was founded that there was relations between of the food grained sufficiency to stomach circumference ($p=0,023$), and there was no relationship between the food grained sufficiency and the defecation scheme ($p=0,147$), and it was founded that no relationship between the defecation scheme and stomach circumference ($p=0,667$).