

Status gizi anak usia sekolah (7-12 tahun) dan hubungannya dengan tingkat asupan Kalsium harian di Yayasan Kampung Kids Pejaten Jakarta Selatan tahun 2009 = Nutritional status and the associations with the calcium daily intake level among school aged children at Yayasan Kampung Kids in the year 2009

Sarah Salim S Alatas, author

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Abstrak

Status gizi seseorang dipengaruhi oleh berbagai faktor. Salah satunya adalah asupan nutrisi, baik makronutrien dan mikronutrien. Dalam penelitian ini, saya ingin mengetahui bagaimana tingkat status gizi dan hubungannya dengan asupan kalsium harian pada anak usia sekolah di Yayasan Kampung Kids. Penelitian ini menggunakan desain cross sectional analitik. Data diambil pada 18 Oktober 2009 dengan jumlah responden sebesar 73 responden. Hasilnya menunjukkan bahwa tingkat asupan kalsium harian pada anak usia sekolah di Yayasan Kampung Kids yang tergolong kurang sebanyak 64 responden (87,67%), normal sebanyak 8 responden (10,96%) dan tergolong lebih 1 orang (1,37%). Berdasarkan tingkat status gizi, sebanyak 35 responden (47,9%) memiliki status BB/U kurang, sebanyak 37 responden (50,7%) memiliki status BB/U baik dan sebanyak 1 responden (1,4%) memiliki status BB/U yang tergolong lebih. Sedangkan berdasarkan indikator TB/U, sebanyak 21 responden (28,8%) memiliki status TB/U kurang dan sebanyak 52 responden (71,2%) memiliki status TB/U baik. Berdasarkan BMI (BB/TB), sebanyak 27 responden (37%) memiliki status BMI kurang dan sebanyak 46 responden (63%) memiliki status BMI yang tergolong baik. Dengan menggunakan uji two-sample Kolmogorov-Smirnov test dan uji Fisher's Exact Test, didapatkan tidak adanya hubungan yang bermakna antara status gizi berdasarkan BB/U ($p=1,000$), TB/U ($p=1,000$), dan BB/TB ($p=1,000$) dengan tingkat asupan kalsium harian.

.....The nutritional status is influenced by many factors, such as the balanced intake of macronutrient and micronutrient. In this study, I would like to do research about the nutritional status level and its association with the calcium daily intake level at school aged children at Yayasan Kampung Kids. The design of this study was analytical cross sectional. This study was held on 18th October 2009 and involving about 73 respondent. The result showed that the number of students with low calcium daily intake level were 64 people (87,67%), with normal calcium daily intake level were 8 people (10,96%), and with high calcium daily intake level only 1 people (1,37%). According to the level of nutritional status (weight for age), children in Kampung Kids, there were 35 people (47,9%) categorized underweight, there were 37 people (50,7%) in normal range, and there was 1 people (1,4%) categorized overweight. In addition, according to the height for age status, there were 21 people (28,8%) categorized short stature but most of them (71,2%) were in normal range and for weight for height status (BMI), most of them also were in normal range (63%) and the less were categorized into underweight (37%). The data retrieved and then processed by using Two-sample Kolmogorov-Smirnov Test and Fisher's Exact Test, which gave result that weren't have significant correlation between nutritional status indicators (weight for age, $p=1,000$), height for age ($p=1,000$), and weight for height ($p=1,000$) and the calcium daily intake level among school aged children at Yayasan Kampung Kids.