

## The association between nutritional status and milk consumption habit among school aged children = Hubungan antara status gizi dengan kebiasaan minum susu pada anak usia sekolah

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### Abstrak

Saat ini Indonesia masih menghadapi masalah nutrisi, terlihat dari masih terdapatnya sejumlah anak yang masuk dalam kategori kurang gizi. Studi lain menyatakan bahwa tingkat konsumsi susu di Indonesia masih rendah dibandingkan negara Asia lainnya. Berdasarkan kedua fakta diatas, penulis membuat riset dengan tujuan mengetahui ada tidaknya hubungan antara status gizi dengan kebiasaan minum susu pada anak usia sekolah. Penelitian ini menggunakan metode ?cross sectional? dengan populasi sejumlah 97 siswa SD kelas 4, 5 dan 6. Input data dan analisis statistic menggunakan program SPSS 11.5, dengan metode ?chi-square for cross tabulation?. Berdasarkan data yang didapat, 100 persen dari populasi mengaku mengkonsumsi susu. Hasil analisis menunjukkan bahwa tidak ada hubungan yang signifikan antara status gizi dan frekuensi konsumsi susu perhari ( $p=0.670$ ). Begitu juga dengan hubungan antara status gizi dan jenis susu yang diminum, menunjukkan hasil yang tidak signifikan ( $p=0.224$ ). Dari studi ini dapat disimpulkan bahwa tidak ada hubungan yang signifikan antara status gizi dengan kebiasaan minum susu.

<hr>Nowadays, Indonesia is still dealing with nutrition problems which represented by a quite number of children who are still categorized as undernourished and severely malnourished. Furthermore, recent study shows that the milk consumption in Indonesia is still low if compared to other Asian countries. Based on those facts, the author seems to determine the relationship between nutritional status and the habit of milk consumption among school aged children. In this cross-sectional study, the study population is chosen by cluster random sampling of grade 4, 5, and 6 with the total respondents 97 students. Primary data is conducted by self administered questionnaire regarding milk consumption habit, type of milk, frequency of drinking milk, and nutritional status measurement. Data entry and statistical analysis is done by the SPSS for windows version 11.5. The chi square test for cross tabulations was utilized. From the study populations 100% admitted that they consume milk daily. The result of the chi-square for cross tabulation reveals that there is no significant difference determined between nutritional status and the frequency of drinking milk per day ( $p=0.670$ ). Also there is no significant difference between nutritional status and type of milk that is consumed ( $p=0.224$ ). Hence, this study concludes that children nutritional status is not associated with the habit of milk consumption among school aged children.