

Hubungan umur Menarche dan faktor-faktor lainnya dengan overweight pada siswi di SMPI Al-Azhar 4 Kemandoran Jakarta tahun 2013 = Age at Menarche and the other determinants in association with overweight among female students at Al-Azhar 4 Kemandoran Junior High School Jakarta in 2013

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Abstrak

Skripsi ini membahas hubungan umur menarche dan faktor-faktor lainnya (asupan gizi, konsumsi minuman manis, dan aktivitas fisik) dengan kejadian overweight pada remaja perempuan (13-15 tahun). Metode yang digunakan adalah studi analitik kuantitatif dengan desain penelitian cross-sectional. Penelitian dilakukan di SMPI Al-Azhar 4 Kemandoran, Jakarta Selatan pada bulan April 2013 dengan jumlah responden sebanyak 107 siswi. Data umur menarche dan konsumsi minuman manis diperoleh melalui pengisian kuesioner mandiri, asupan gizi diperoleh dari wawancara food recall 24 jam, dan aktivitas fisik diukur menggunakan Physical Activity Questionnaire for Older Children (PAQ-C).

Uji statistik yang digunakan pada penelitian adalah uji-T independen. Dari 107 responden, sebanyak 38,3% mengalami overweight. Umur menarche dan asupan lemak memiliki hubungan yang bermakna secara signifikan dengan overweight ($p < 0,05$). Responden yang mengalami overweight memiliki rata-rata umur menarche lebih muda (11,53 tahun) dan rata-rata asupan lemak lebih tinggi (66,15 gram/hari). Sementara itu, tidak ditemukan hubungan yang bermakna antara asupan energi, karbohidrat, protein, serat, konsumsi minuman manis, dan aktivitas fisik dengan kejadian overweight.

.....The aim of this study was to determine the association between age at menarche and the other determinants (dietary intake, sugary drinks consumption, and physical activity) with overweight in adolescent girls (13-15 years old). This study was a quantitative analytic research with cross-sectional design. The study was held at Al-Azhar 4 Kemandoran Junior High School, South Jakarta in April 2013, recruiting 107 female students as participants. Age at menarche and sugary drinks consumption were reported through self-administered questionnaire, dietary intake was obtained using 24-hours food recall interview, and physical activity was measured using Physical Activity Questionnaire for Older Children (PAQ-C).

Independent T-test was used to identify the association between independent and dependent variables. Among 107 participants, 38,3% were overweight. Age at menarche and fat intake were significantly associated with overweight ($p < 0,005$). The overweight participants had earlier age at menarche (11,53 years old) and higher fat intake (66,15 gram/day). Meanwhile, the association between energy, carbohydrate, protein, fiber intake, sugary drinks consumption, and physical activity were found to be not significantly associated with overweight.