

# Hubungan antara status kesehatan, lingkungan sosial, dan faktor lainnya dengan konsumsi suplemen makanan pada siswa SMA Islamic Village Tangerang tahun 2012 = The association between health status, social environment, and other factors with food supplement consumption among students of SMA Islamic Village Tangerang in 2012

Carlita Rozetta, author

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## Abstrak

Berdasarkan survei awal yang dilakukan oleh peneliti menunjukkan bahwa sebanyak 56% siswa SMA di salah satu sekolah swasta di Tangerang menggunakan suplemen makanan. Angka ini ternyata lebih tinggi jika dibandingkan dengan prevalensi penggunaan suplemen makanan di dunia (31%). Dari hal tersebut, peneliti tertarik untuk melakukan penelitian yang bertujuan untuk mengetahui proporsi penggunaan suplemen makanan pada siswa SMA serta menilai hubungan antara status kesehatan dan faktor lainnya dengan konsumsi suplemen makanan.

Penelitian ini menggunakan desain penelitian cross sectional yang dilakukan pada bulan April di SMA Islamic Village Tangerang. Sampel yang digunakan sebanyak 135 responden yang dipilih secara systematic random sampling. Konsumsi suplemen makanan merupakan variabel terikat dalam penelitian ini. Sedangkan variabel bebas terdiri dari status gizi (Indeks Massa Tubuh), riwayat si, riwayat penyakit kronis, jenis kelamin, pengetahuan gizi, asupan karbohidrat, asupan protein, konsumsi sayur, konsumsi buah, praktek konsumsi suplemen orang tua, keterpaparan media promosi, dan pengaruh teman sebaya. Instrumen penelitian yang digunakan meliputi kuesioner, form FFQ-SQ, timbangan seca, microtoise, dan food model. Penelitian ini melibatkan analisis univariat dan analisis bivariat berupa uji chi square.

Hasil dari penelitian ini menunjukkan proporsi pengguna suplemen makanan pada siswa SMA Islamic Village Tangerang Tahun 2012 sebesar 53,3%. Selain itu, terdapat hubungan yang bermakna antara riwayat penyakit kronis, praktek konsumsi suplemen orang tua, keterpaparan media massa, dan pengaruh teman sebaya dengan konsumsi suplemen makanan. Hubungan yang bermakna antara riwayat penyakit kronis dengan konsumsi suplemen makanan ( $p$  value = 0,020) sejalan dengan penelitian yang dilakukan Rock (2007). Hubungan yang bermakna antara praktek konsumsi suplemen orang tua dengan konsumsi suplemen makanan ( $p$  value = 0,000) juga didukung dengan penelitian Ramadani (2005). Adanya hubungan antara keterpaparan media promosi dengan konsumsi suplemen makanan ( $p$  value = 0,000) juga sejalan dengan penelitian Putri (2004). Sedangkan hubungan yang bermakna antara pengaruh teman sebaya dengan konsumsi suplemen makanan ( $p$  value = 0,000) didukung oleh penelitian O'Dea (2003).

Dari penelitian ini diketahui bahwa terdapat hubungan antara riwayat penyakit kronis dengan faktor lingkungan sosial dengan konsumsi suplemen makanan. Selain itu, diperoleh saran bagi pihak siswa dan orang tua agar lebih selektif dalam memilih produk suplemen makanan yang sesuai dengan kebutuhannya, serta bagi pihak sekolah dan pihak pemerintah (dinas kesehatan dan pendidikan Kabupaten Tangerang) agar lebih mensosialisasikan informasi terkait gizi kepada masyarakat.

<hr><i>There has been 56% of private high school students in Tangerang using food supplement based on the early survey that has been made. It was higher than the number of food supplement users in the world (31%) so that the researcher was interested to find out the proportion of the food supplement users in senior

high students and also to evaluate the association between health status and the other factors with food supplement consumption.

This study used a cross sectional design study. It was held in April 2012 at Islamic Village Tangerang Senior High. There were 135 respondents which was selected by systematic random sampling. The food supplement consumption was a dependent variable of this study, meanwhile the body mass index, infectious disease history, chronic disease history, gender, nutrition knowledges, carbohydrate intake, protein intake, vegetable consumption, fruit consumption, supplement consumption by parents, media exposure, and also peers influences were independent variable. Questionnaire, FFQ-SQ form, seca scale, microtoise, and food model were used as the instruments of this study. This study used two kind of analysis, there were univariate analysis and bivariate analysis which was chi square test.

The result of this study was showed that there were 53,3% food supplement users among Islamic Village Tangerang students in 2012. Besides, there were a significant association between chronic disease history, supplement consumption by parents, media exposure, and also peers influences with food supplement consumption. A significant association between a chronic disease history and food supplements consumption (p value = 0.020) was in line with research by Rock (2007). A significant association between supplement consumption by parents with food supplements consumption (p value = 0.000) are also supported Ramadani's research in 2005. An association between media exposure with the food supplements consumption (p value = 0.000) also in line with research by Putri (2004). While a significant association between peers influences with the food supplements consumption (p value = 0.000) supported by O'Dea's research in 2003.

In conclusion, this study showed that there are a significant association between chronic disease history and social environment influences with food supplements consumption. Besides, it was obtained the suggestions for the students also the parents to be more selective in choosing food supplements product that suit their needs and for the school and government to socialize nutrition information to society, especially for high school students.</i>