

## Hubungan kebiasaan sarapan dan faktor lainnya dengan asupan kalsium di SMA Negeri 2 Kota Depok tahun 2015 = Association between breakfast habit and other factors with calcium intake in Senior High School 2 Depok 2015

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### Abstrak

Kalsium merupakan zat gizi yang berperan penting dalam pertumbuhan sehingga perlu diketahui faktor-faktor yang mempengaruhinya. Skripsi ini bertujuan untuk mengetahui perbedaan asupan kalsium berdasarkan kebiasaan sarapan, kebiasaan konsumsi susu, kebiasaan konsumsi softdrink, aktivitas fisik, jenis kelamin, pengetahuan tentang kalsium, uang saku, pendidikan ibu dan ayah serta konsumsi suplemen kalsium. Desain penelitian yang digunakan adalah cross sectional yang dilakukan pada 161 siswa SMA Negeri 2 Kota Depok selama bulan April 2015. Pengumpulan data dilakukan melalui pengisian kuesioner umum, kuesioner pengetahuan, kuesioner aktivitas fisik, dan asupan kalsium diukur dengan wawancara food recall 2x24 jam. Data dianalisis dan dianalisis menggunakan uji Chi Square. Hasil penelitian ini menunjukkan 69,6% memiliki asupan kalsium kurang dengan rata-rata asupan kalsium  $785,7 \text{ mg} \pm 295,82$ . Analisis bivariat menunjukkan terdapat perbedaan asupan kalsium yang signifikan berdasarkan kebiasaan sarapan, kebiasaan konsumsi susu, dan jenis kelamin. Berdasarkan hasil tersebut, diharapkan pihak sekolah dapat memberikan edukasi mengenai pentingnya asupan kalsium, konsumsi susu, dan kebiasaan sarapan kepada siswanya.

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Calcium is nutrient that has important roles in the growth. This research aimed to determine the differences of calcium intake based on breakfast habit, milk consumption, soft drink consumption, physical activity, sex, calcium knowledge, socio-economic (pocket money, mother and father's education), and calcium supplement consumption. This research used cross sectional design with a total sample of 161 students of Senoir High School 2 Depok during April 2015. Data collection was conducted using general questionairre, PAQ-A, and calcium intake was measured by 2x24 hours food recall. The data was analyzed using Chi Square test. The results showed that 69,6% of the students had calcium intake below 960 mg/day and the average calcium intake of students was  $785,7 \text{ mg} \pm 295,82$ . Bivariate analyzes showed that there was significant difference of calcium intake based on breakfast habit, milk consumption, and sex. Thus, it is recommended for the school to provide education about the important of calcium intake, milk consumption, and breakfast habit to the students to prevent calcium deficiency.