

Faktor-faktor yang berhubungan konsumsi buah dan sayur pada mahasiswa ikatan mahasiswa Riau Universitas Indonesia Depok tahun 2015 = Factors associated with fruit and vegetable among college students in Riau students association university of Indonesia Depok year 2015

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Abstrak

[ABSTRAK

Konsumsi buah dan sayur di Indonesia sangat memprihatinkan, dimana angka nasional berada pada 93,6% dan 93,5% pada tahun 2007 dan 2013 yang menandakan bahwa seluruh provinsi di Indonesia sebagian besar masyarakatnya masih kurang dalam memenuhi kebutuhan buah dan sayur yang direkomendasikan oleh Pedoman Gizi Seimbang, yaitu 400 gram per hari. Salah satu yang paling rendah adalah provinsi Riau. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang memengaruhi konsumsi buah dan sayur pada penduduk Riau. Penelitian ini menggunakan desain cross sectional dan dilakukan pada bulan April hingga Mei 2015 di Universitas Indonesia dengan 87 mahasiswa. Sampel dikumpulkan dengan menggunakan teknik systematic random sampling. Data didapatkan dengan menggunakan kuisisioner yang diisi oleh responden dan wawancara SFFQ. Hasil penelitian menunjukkan bahwa 85,1% responden yang tidak dapat memenuhi kebutuhan buah dan sayur per harinya. Analisis bivariat menggunakan uji chi-square menunjukkan bahwa adanya hubungan yang bermakna antara preferensi sayur (nilai-p = 0,034, OR = 0,806), tingkat pendidikan ibu (nilai p = 0,097, OR = 6,122), dan suku ibu (nilai p = 0,006, OR = 6,028) dengan konsumsi buah dan sayur.

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<i>ABSTRACT

;It is saddening to face the fact of fruit and vegetable consumption in Indonesia, whereas 93,6% and 93,5% on national scale in 2007 and 2013 respectively, indicating that most of Indonesia's population has failed to fulfill their needs of fruit and vegetable which has been recommended by Balanced Diet Guidance, 400 grams per day. One of the least amongst all is Riau Province. This study aims to identify factors affected with fruit and vegetable consumption among Riau residents. Using cross sectional design, this study was held in April to May 2015, conducted by 87 college students in University of Indonesia, and chosen with systematic random sampling technique. Data was compiled using self-registered questionnaire and semiquantitative food frequency questionnaire. The result has shown that 85,1% respondents are unable to achieve the minimum requirement for fruit and vegetable consumption. Through chi-square test, there are a significant relation between vegetable preference (p-value = 0,034, OR = 0,806), mother's education level (pvalue = 0,097, OR = 6,122), and mother's ethnicity (p-value = 0,006, OR = 6,028) with fruit and vegetable consumption., It is saddening to face the fact of fruit and vegetable consumption in Indonesia,

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