

## Hubungan asupan serat pangan dan air dengan kejadian konstipasi pada remaja usia 15-17 tahun di Jakarta = Correlations between fiber and water intake and constipation in adolescent aged 15-17 years in Jakarta

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### Abstrak

**ABSTRAK**  
Penelitian mengenai asupan serat pangan dan air dan kejadian konstipasi pada remaja masih belum banyak Tujuan penelitian ini untuk mendapatkan profil jumlah asupan serat pangan dan air pada remaja serta hubungan antara asupan serat pangan dan air terhadap pola buang air besar konsistensi tinja dan konstipasi Studi potong lintang dilakukan pada 120 siswa SMU berusia 15-17 tahun dilakukan selama Oktober-Desember 2015 Data jumlah asupan energi karbohidrat protein lemak air dan serat bahan makanan dan minuman dikumpulkan dengan menggunakan food record form selama 2x24 jam dan food frequency questionnaire FFQ Subjek terdiri dari 82 anak perempuan 68,3% dan 38 anak lelaki 31,7% sebagian besar dengan gizi baik dan perawakan normal Hanya dua subjek yang mengalami konstipasi Median asupan energi protein lemak dan karbohidrat air dan serat berturut-turut sebanyak 1419,3 kalori 54,6 gram 48,4 gram dan 183,2 gram 2079 mL dan 5,1 gram Jumlah asupan energi karbohidrat dan air subjek lelaki secara bermakna lebih tinggi dibandingkan perempuan Tidak didapatkan hubungan bermakna antara asupan serat pangan dan air dengan kejadian konstipasi Data yang didapat menunjukkan jumlah asupan serat pangan remaja usia 15-17 tahun di bawah AKG yang dianjurkan Sebaliknya jumlah asupan air sesuai dengan AKG yang dianjurkan Data yang didapat diharapkan dapat dipergunakan sebagai dasar untuk penelitian selanjutnya

**ABSTRACT**  
Indonesian children and adolescent are alleged not to consume sufficient fiber and water while studies show fiber and water affect defecation profile This cross-sectional study records the amount of fiber and water intake of Indonesian adolescents aged 15-17 years and their defecation pattern Subjects are 120 SMU 68 students aged 15-17 years 82 girls and 38 boys The study was conducted between October and December 2015 We attempt to find any correlation between fiber and water intake and defecation profile Most of the subjects were well nourished and normal stature Median water and fiber intake were 2079 mL and 5,1 grams The median of energy protein fats and carbohydrates intake were 1419,3 calories 54,6 grams 48,4 grams and 183,2 grams consecutively Only two subjects who experienced constipation About 49 subjects had abdominal pain according to Rome III Criteria We found there is no significant association between dietary fiber intake and water consumption and constipation However we feel that future study should be carried out to enrich our data in this field ;Indonesian children and adolescent are alleged not to consume sufficient fiber and water while studies show fiber and water affect defecation profile This cross-sectional study records the amount of fiber and water intake of Indonesian adolescents aged 15-17 years and their defecation pattern Subjects are 120 SMU 68 students aged 15-17 years 82 girls and 38 boys The study was conducted between October and December 2015 We attempt to find any correlation between fiber and water intake and defecation profile Most of the subjects were well nourished and normal stature Median water and fiber intake were 2079 mL and 5,1 grams The median of energy protein fats and carbohydrates intake were 1419,3 calories 54,6 grams 48,4 grams and 183,2 grams consecutively Only two subjects who experienced constipation About 49 subjects had abdominal pain according to Rome III Criteria We found there is no significant association between dietary fiber intake and

water consumption and constipation. However, we feel that future study should be carried out to enrich our data in this field; Indonesian children and adolescents are alleged not to consume sufficient fiber and water while studies show fiber and water affect defecation profile. This cross-sectional study records the amount of fiber and water intake of Indonesian adolescents aged 15-17 years and their defecation pattern. Subjects are 120 SMU students aged 15-17 years, 82 girls and 38 boys. The study was conducted between October and December 2015. We attempt to find any correlation between fiber and water intake and defecation profile. Most of the subjects were well nourished and normal stature. Median water and fiber intake were 2079 mL and 5.1 grams. The median of energy, protein, fats, and carbohydrates intake were 1419.3 calories, 54.6 grams, 48.4 grams, and 183.2 grams consecutively. Only two subjects who experienced constipation. About 49 subjects had abdominal pain according to Rome III Criteria. We found there is no significant association between dietary fiber intake and water consumption and constipation. However, we feel that future study should be carried out to enrich our data in this field.