

# Perbedaan rata-rata asupan kalsium berdasarkan frekuensi konsumsi susu, kebiasaan sarapan, dan faktor lainnya pada siswa SMP Islam PB Soedirman tahun 2016 = Differences in calcium intake average based on milk consumption frequency, breakfast habit, and other factors in PB Soedirman Islamic Junior High School 2016

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## Abstrak

Kalsium merupakan zat gizi yang berperan penting dalam pertumbuhan. Skripsi ini bertujuan untuk mengetahui perbedaan asupan kalsium berdasarkan frekuensi konsumsi susu, frekuensi konsumsi sumber kalsium lain, preferensi rasa susu, kebiasaan sarapan, aktivitas fisik, jenis kelamin, pengetahuan mengenai kalsium, dan uang saku. Desain penelitian yang digunakan adalah cross sectional dan dilakukan pada 120 siswa SMP Islam PB Soedirman Jakarta Timur selama bulan April 2016. Pengumpulan data dilakukan melalui pengisian kuesioner dan asupan kalsium diukur dengan wawancara food recall 2x24 jam. Data dianalisis dengan menggunakan uji t-test independent.

Hasil penelitian ini menunjukkan 46% memiliki asupan kalsium kurang dengan rata-rata asupan kalsium  $428 \pm 340,3$  mg. Analisis bivariat menunjukkan terdapat perbedaan asupan kalsium yang signifikan berdasarkan frekuensi konsumsi susu, preferensi rasa susu, jenis kelamin, dan pengetahuan mengenai kalsium.

.....Calcium plays a central role in human's growth. This research aims to explore and determine the differences of calcium intake based on milk consumption frequency, other calcium-rich foods sources frequency, milk-taste preferences, breakfast habit, physical activity, sex, calcium-related knowledge, and pocket money. This research adapts cross-sectional design with a total of 120 students of PB Soedirman Islamic Junior High School in West Jakarta during April 2016. Data was collected using questionnaire and food recall (2x24 hours) method to measure calcium intake. The data was analyzed using t-test independent test.

The results showed that 46% of the students had calcium intake below 924 mg/day and the average calcium intake was  $428 \pm 340.3$  mg. Bivariate analysis results showed significant mean-difference of calcium intake based on milk consumption frequency, milk taste preference, sex, and calcium-related knowledge.