

Perbedaan konsumsi sayur menurut faktor individu dan faktor lingkungan serta sumbangannya terhadap kecukupan serat dan zat gizi mikro pada murid SLTA X di Jakarta Timur tahun 2017 = Differences of vegetables consumption according to individual factors and environmental factors and their contribution to fiber and micronutrients adequacy among High School students X in East Jakarta year 2017

Fildzah Khairuna Huwaida, author

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Abstrak

ABSTRAK

Konsumsi sayur merupakan salah satu bagian penting dalam mewujudkan gizi seimbang, untuk itu dianjurkan mengonsumsi sayur sebanyak 3-4 porsi/hari. Namun, anjuran tersebut belum terealisasi ditandai dengan tingginya data kurang konsumsi sayur dan buah dalam Riskesdas 2007 93,6 dan 2013 93,5 , khususnya di DKI Jakarta sebesar 94,5 . Tujuan penelitian ini untuk mengetahui perbedaan konsumsi sayur menurut faktor individu dan faktor lingkungan serta sumbangannya terhadap kecukupan serat dan zat gizi mikro pada remaja di DKI Jakarta. Penelitian ini menggunakan desain cross sectional, dilakukan pada bulan April-Mei 2017 di SLTA X Jakarta Timur dengan 146 murid. Sampel didapatkan dengan metode purposive sampling. Data dikumpulkan dengan menggunakan kuesioner yang diisi oleh responden dan wawancara 2x24-hour food recall. Hasil penelitian menunjukkan bahwa konsumsi sayur murid hanya sebesar 25 g/hari 1,25 porsi/hari . Konsumsi sayur tersebut menyumbang 0,95 terhadap kecukupan serat, 5,08 terhadap kecukupan vitamin A, 3,86 terhadap kecukupan vitamin C, dan 1,32 terhadap kecukupan zat besi. Analisis bivariat menunjukkan bahwa terdapat perbedaan yang bermakna pada konsumsi sayur murid menurut sikap nilai-p=0,001 , preferensi nilai-p=0,007 , keyakinan diri nilai-p=0,019 , pengaruh teman nilai-p=0,024 , dan pengaruh orang tua 0,005 . Berdasarkan hasil tersebut diharapkan sekolah dapat membuat program kesehatan, khususnya edukasi gizi untuk menambah pengetahuan murid mengenai pentingnya konsumsi sayur setiap hari sesuai anjuran Pedoman Gizi Seimbang.

ABSTRAK

Vegetables consumption is one important part in realizing balanced nutrition, so it recommended to consume vegetables as much as 3 4 servings per day. However, national scale showed that vegetables and fruits consumption was less 93.6 in 2007 and 93.5 in 2013 , especially in DKI Jakarta at 94.5 . This study aims to know the differences of vegetables consumption according to individual factors and environmental factors and their contribution to fiber and micronutrients in adolescents in DKI Jakarta. This study used cross sectional design, conducted in April May 2017 at SLTA X in East Jakarta with 146 students. The sample was obtained by purposive sampling method. Data were collected by using questionnaires filled by respondents and 2x24 hour food recall interview. The results showed that the vegetables consumption students 25 gram per day 1.25 servings per day . Vegetables consumption contributes 0.95 to fiber adequacy, 5.08 to vitamin A adequacy, 3.86 to vitamin C adequacy, and 1.32 to iron adequacy. The bivariate analysis showed that there were significant differences of vegetables consumption according to the attitude, preference, self efficacy, peer influence, and parental influence p value 0.001, 0.007, 0.019, 0.024, and 0.005

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