

Hubungan antara sensitivitas rasa umami dan index massa tubuh sesuai umur pada remaja usia 10-16 tahun di Jakarta = Association between umami taste sensitivity and body mass index for-age among adolescents aged 10-16 years old in Jakarta

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Abstrak

Tujuan dari penelitian ini adalah untuk menemukan hubungan Index Massa Tubuh IMT dan di kalangan remaja di Jakarta. Peningkatan IMT terkait dengan praktik makanan dapat membentuk persepsi rasa seseorang. Terdapat lima rasa dasar yang diakui, di mana rasa umami kontroversial dalam paradigma orang Indonesia. Sementara itu, studi terkait dengan umami di Indonesia masih terbatas. Sejauh mana sensitivitas rasa umami dapat mempengaruhi dalam konsumsi makanan dan indeks massa tubuh dianalisis dalam penelitian ini.. Terdapat 43 remaja Non-Overweight-Obese Group NOOG dan 79 remaja Overweight-Obese Group OOG yang berusia 10-16 tahun terlibat dalam studi cross-sectional kuantitatif ini. Studi ini menemukan bahwa usia secara signifikan terkait dengan BMI p

The goal of this study was to determine Body Mass Index BMI and its associations among adolescents in Jakarta. Increasing BMI is related to food practice that may shaped people taste perception. Some studies have showed that there are any interplay associations between taste and body mass. Five basic tastes are acknowledged nowadays, in which umami taste is the latest found and controversial in Indonesia. Meanwhile, study related with umami in Indonesia is still far behind. To what extend could umami taste sensitivity mediate in dietary experience and body mass index were analyzed in this study. There are 43 Non Overweight Obese Group NOOG and 79 Overweight Obese Group OOG students aged 10 16 years were involved in this quantitative cross sectional study. Body Mass Index BMI for age, Best Estimation Threshold BET test, Semi Quantitative Food Frequency Questionnaires SQFFQ and developed structures questionnaires were assessed and analyzed in this study. All data presented in categorical to be used in bivariate and regression model. Result of the study was found that age significantly associated with BMI p