

Perbedaan Proporsi Kecukupan Energi dan Protein Berdasarkan Konsumsi dan Faktor Lainnya pada Siswa/i SD X Jakarta Timur Tahun 2018 (Analisis Data Sekunder) = The Differences of Energy and Protein Adequacy Proportion Based on Consumption and Other Factors among SD X Jakarta Timur Students in 2018 (Secondary Data Analysis)

Firial Afra Raisa Mumtaz, author

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Abstrak

Kecukupan energi maupun protein tergolong kurang dapat memberikan dampak yang merugikan bagi tumbuh kembang, status gizi, perilaku makan yang terbentuk, dan kesehatan dari siswa sekolah dasar. Kecukupan energi dan protein seorang anak dapat dipengaruhi oleh konsumsi, pengetahuan gizi, dan sosial ekonomi keluarga. Untuk melihat perbedaan proporsi kecukupan energi dan protein berdasarkan faktor tersebut, dilakukan penelitian studi cross-sectional dengan menggunakan data sekunder tahun 2018. Penelitian melibatkan 92 siswa/i SD X Jakarta Timur. Ditemukan proporsi kecukupan energi dan protein tergolong kurang secara berurutan sebesar 58,7% dan 55,4%. Hasil analisis dengan chi-square menunjukkan bahwa terdapat perbedaan proporsi kecukupan energi maupun protein berdasarkan faktor konsumsi, yaitu keragaman konsumsi pangan ($p\text{-value}=0,013$ dan $p\text{-value}=0,014$), frekuensi konsumsi makanan utama ($p\text{-value}=0,003$ dan $p\text{-value}=0,000$), dan konsumsi makanan utama pagi ($p\text{-value}=0,007$ dan $p\text{-value}=0,000$). Meskipun tidak ditemukan perbedaan proporsi, kecenderungan proporsi kecukupan energi dan protein masih ditemukan berdasarkan frekuensi jajan dan uang jajan. Penelitian juga menemukan sedikit kecenderungan proporsi kecukupan protein berdasarkan pengetahuan gizi. Dengan begitu, konsumsi (keragaman konsumsi pangan, frekuensi konsumsi makanan utama, konsumsi makanan utama pagi, frekuensi jajan), pengetahuan gizi, dan sosial ekonomi keluarga (uang jajan) merupakan faktor penting yang perlu dipertimbangkan dalam upaya mengoptimalkan kecukupan energi dan protein siswa/i.

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Energy and protein inadequacy are capable of giving adverse impacts on primary schoolers growth and development, nutritional status, formed eating behavior, and health. Energy and protein adequacy themselves may influenced by consumption, nutritional knowledge, and familys socioeconomic status. In order to assess the differences of energy and protein adequacy proportion based on those factors, a cross-sectional study using 2018 secondary data analysis was conducted. This study involved 92 SD X Jakarta Timur students. There were 58,7% and 55,4% students with energy and protein inadequacy. The result of chi-square analysis indicated that there were differences of energy and protein adequacy proportion based on consumption, those are food diversity ($p\text{-value}=0,013$ and $p\text{-value}=0,014$), meal frequency ($p\text{-value}=0,003$ and $p\text{-value}=0,000$), and morning meal consumption ($p\text{-value}=0,007$ and $p\text{-value}=0,000$). Even though no proportion differences found, the tendencies of energy and protein adequacy proportion based on snacking frequency and students allowance were still found in this study. This study also discovered a slight tendency of protein adequacy proportion based on nutrition knowledge. Therefore, consumption (food diversity, meal frequency, morning meal consumption, snacking frequency), nutrition knowledge, and familys socioeconomic status (students allowance) are essential factors that need to be considered in order to improve students energy and protein adequacy.</i>