

UNIVERSITAS INDONESIA
FAKULTAS KESEHATAN MASYARAKAT
PROGRAM SARJANA KESEHATAN MASYARAKAT
PEMINATAN GIZI KESEHATAN MASYARAKAT
Skripsi, 12 Juli 2008

LAILA SUCIATI

“ Hubungan Pengetahuan Ibu Tentang Kalsium dan Frekuensi Konsumsi Kalsium Serta Asupannya dengan Status Gizi Anak Usia 4 – 6 Tahun di TK Al-Husna Bekasi Tahun 2008”

xi + 114 halaman, 56 tabel, 2 lampiran

ABSTRAK

Masa anak-anak menjadi masa kritis untuk membangun masa tulang. Tulang yang kuat penting untuk pertumbuhan dan perkembangan anak. Kurangnya asupan kalsium pada anak-anak akan meningkatkan risiko terjadinya fraktura tulang pada anak sehingga anak tidak dapat mencapai pertumbuhan tulang secara optimal. Kebutuhan kalsium meningkat pada masa pertumbuhan saat kanak-kanak, penyerapan kalsium dan makanan bisa mencapai 75%. Pertumbuhan fisik yang baik, tidak lepas dari asupan kalsium yang diterima tubuh

Penelitian ini bertujuan untuk mengetahui hubungan antara pengetahuan ibu tentang kalsium dan frekuensi konsumsi kalsium anak dengan status gizi pada anak TK Al-Husna Bekasi. Variabel yang dikumpulkan dalam penelitian ini adalah berat badan dan tinggi badan anak, karakteristik anak, karakteristik ibu, pengetahuan ibu, sumber informasi ibu tentang kalsium, dan frekuensi konsumsi kalsium anak. Pengambilan data penelitian dilakukan dengan pengambilan data langsung di lapangan (data primer). Penelitian ini bersifat cross sectional, diperoleh dengan metode survey dan hasilnya diuraikan secara deskriptif. Sampel yang diperoleh berjumlah orang 80 orang.

Terdapat 60 anak (75%) yang mempunyai status gizi baik berdasarkan indikator BB/U, terdapat 76 anak (95%) yang mempunyai status gizi normal berdasarkan indikator TB/U, terdapat 61 anak (76.3%) yang mempunyai status gizi normal berdasarkan indikator BB/TB. Hubungan berat badan lahir dengan status gizi berdasarkan indikator BB/U bermakna. Hubungan berat badan lahir dengan status gizi berdasarkan indikator BB/TB bermakna. Hubungan panjang badan lahir dengan status gizi berdasarkan indikator TB/U bermakna.

Sebaiknya sekolah perlu melakukan pengukuran berat badan dan tinggi badan anak pada setiap akhir tahun ajaran. Pendidikan gizi anak sejak dini harus diterapkan pada anak-anak prasekolah, yang dapat dilakukan melalui proses edukasi dan komunikasi selama kegiatan belajar mengajar atau bermain. Sebaiknya sekolah perlu bekerjasama dengan tenaga UKS mengadakan penyuluhan gizi kepada orang tua murid

Daftar Pustaka : 44 (1980-2007)

**UNIVERSITY OF INDONESIA
PUBLIC HEALTH FACULTY
BACHELOR PROGRAM OF PUBLIC HEALTH
MAJORING OF PUBLIC HEALTH**

Minithesis, 12nd July, 2008

LAILA SUCIATI

Relation Between Mother's Knowledge about Calcium and Frequency of Children Calcium Consumptions and Its Intake with Nutrition Status of Children Age 4-6 Years Old in Al-Husna Kindergarten, Bekasi, 2008.

xi + 114 pages + 56 tables + 2 appendixes

ABSTRACT

Childhood is the critical term of bone mass construct. The strong bone is important for children growth and development. Lack of calcium intake at children will increasing risk of bone fractures at children and caused them can not reach optimal bone growth. Calcium necessity is increasing at growth age when children could absorb 75 % of calcium and food consumption. The good physical growth has strong connection with calcium intake which body absorb.

This research was aimed to know the relation between mother's knowledge about calcium and frequency of children calcium consumption with nutrition status at Al-Husna kindergarten student, Bekasi. The collected variable in this research was child weight and height, child and mother's characteristic, mother's knowledge, mother's information source of calcium, and frequency of children calcium consumption. The research data was primary data. This was cross sectional research with survey method and the result are explained descriptively. The obtained samples were 80 people.

There was 60 children (75%) having good nutrition status based on BB/U indicator, 79 children (95%) was having normal nutrition status based on TB/U indicator, 61 children (76,3%) was having normal nutrition status based on BB/TB indicator. Relations between weights born with nutrition status based on indicator BB/U were significant. Relations between weights born with nutrition status based on indicator BB/TB were significant. Relations between height born with nutrition status based on indicator TBU were significant.

Schools need to held weight and height measurement to the children in the last of every curriculum period. The early education of child nutrition shall implemented at the playgroup children (preschool) trough education process and communication during play or process study. The recommendation for the parents is that they should cooperate with UKS officer to conduct nutrition counseling for student's parents.

Reference: 44 (1980-2007)