

## **Hubungan asupan energi dan komposisi makronutrien dengan lingk pinggang remaja usia 15 18 tahun di Jakarta = Relationship between energy intake and macronutrients composition with waist circumference in adolescents aged 15 18 years in Jakarta**

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### **Abstrak**

Asupan energi dan komposisi makronutrien pada usia remaja mempengaruhi kesehatan pada usia dewasa. Remaja yang mengalami obesitas berisiko tinggi mengalami penyakit serius di usia dewasa seperti penyakit kardiovaskular dan diabetes mellitus. Lingk  
pinggang digunakan dalam penelitian ini sebagai parameter status gizi remaja khususnya untuk menggambarkan obesitas sentral. Penelitian cross sectional ini dirancang untuk mengetahui hubungan asupan energi dan komposisi makronutrien dengan lingk  
pinggang remaja usia 15 18 tahun di Jakarta. Data diambil dari 75 orang remaja yang berkuliah di salah satu Fakultas Kedokteran di Jakarta pada periode Maret 2012 Mei 2012. Data diambil secara total sampling dan diperoleh dari wawancara dengan menggunakan instrumen FFQ Food Frequency Questionnaire serta pengukuran lingk  
pinggang. Sebanyak 20 dari total subjek mengalami obesitas sentral. Subjek rata rata mengonsumsi energi berlebih dengan nilai tengah sebesar 2443 761 5109 kkal dengan rerata persentase komposisi makronutrien sebagai berikut 53 97 9 31 karbohidrat 13 67 2 65 protein dan 31 41 8 12 lemak. Hubungan antara asupan energi dengan lingk  
pinggang remaja menghasilkan nilai p 0 908. Sedangkan hubungan komposisi karbohidrat protein dan lemak dengan lingk  
pinggang remaja masing masing menghasilkan nilai p 0 118 p 0 200 p 0 540. Dengan demikian tidak terdapat hubungan antara asupan energi dan komposisi makronutrien dengan lingk  
pinggang pada remaja usia 15 18 tahun di Jakarta.

.....Energy intake and macronutrients composition in adolescents could affect the health when they become an adult. The obese adolescent have high risk to have serious disease when they become adult such as cardiovascular disease and diabetes mellitus. Waist circumference was used in this study for represent adolescents rsquo nutrition status in particular to describe central obesity. This cross sectional study was design to know the relationship between energy intake and macronutrients composition in adolescents aged 15 18 years in Jakarta. Data were taken from 75 adolescents who study in one of Medical Faculty in Jakarta during March 2012 May 2012. Data were taken by total sampling and obtained from interview by using FFQ Food Frequency Questionnaire and waist circumference measurement 20 of subjects had central obesity. Subjects on average consume excess energy with a median of 2443 761 5109 kkal with a mean percentage of macronutrients composition as follows 53 97 9 31 of carbohydrate 13 67 2 65 of protein and 31 41 8 12 of fat. Relationship between energy intake and waist circumference in adolescents had the p value 0 908. While relationship between carbohydrate protein and fat composition with waist circumference in adolescents had each p value as follows p 0 118 p 0 200 p 0 540. Thus there was no relationship between energy intake and macronutrients composition with waist circumference in adolescents aged 15 18 years in Jakarta.