

Perbandingan estimasi nilai VO₂max, asupan gizi, status gizi dan aktivitas fisik antara vegetarian dan non-vegetarian tahun 2013 = Comparison of estimated VO₂max value, nutritional intakes, nutritional status, and physical activity in vegetarian and non-vegetarian at 2013

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Abstrak

Skripsi ini bertujuan untuk membandingkan nilai VO₂max, asupan gizi (energi, karbohidrat, protein, lemak, vitamin C, dan zat besi), status gizi, dan aktivitas fisik antara vegetarian dan non-vegetarian. Penelitian ini menggunakan desain ecological study. Pengambilan data dilakukan pada bulan Maret - April 2013 di Vihara Adi Dharma, Vihara Ajita, dan Wisma Sahabat Yesus. Pengambilan data estimasi nilai VO₂max dengan metode Queen College Step Test, asupan gizi dengan food recall 2x24 jam, status gizi dengan antropometri, dan aktivitas fisik dengan kuesioner GPAQ. Data diolah dengan uji t independen.

Hasil penelitian ini menunjukkan tidak ada perbedaan bermakna nilai VO₂max, asupan energi, karbohidrat, lemak, vitamin C, dan zat besi, status gizi (IMT dan persen lemak tubuh), dan aktivitas fisik. Rata-rata asupan kelompok non-vegetarian lebih tinggi secara bermakna untuk asupan protein (p=0,00021). Kedua kelompok disarankan untuk rutin melakukan tes kebugaran kardiovaskular. Pada kelompok vegetarian disarankan untuk meningkatkan asupan protein nabati.

.....The purpose of this study was to compare estimated VO₂max, nutritional intakes (energy, carbohydrate, protein, fat, vitamin C, and iron), nutritional status, and physical activity between vegetarian and non-vegetarian. This research was an ecological study. Data were collected from March to April 2013 in Vihara Adi Dharma, Vihara Ajita, and Wisma Sahabat Yesus. Data of estimated VO₂max value were collected with Queen College Step Test method, nutritional status with food recall 2x24 hours, nutritional status with anthropometry, and physical activity with GPAQ questioner. Data were processed with independent t test. This study showed that there were no significant difference in VO₂max value, energy intake, carbohydrate, fat, vitamin C, and iron, nutritional status (BMI and body fat), and physical activity. Mean of nutritional intake in non-vegetarian was significantly higher in protein (p=0,00021). It is suggested that the both groups have to examine the cardiovascular fitness regularly. Vegetarian's group are suggested to increase their plant protein intake.