

Perbedaan proporsi konsumsi buah dan sayur menurut faktor individu, lingkungan sosial, dan lingkungan fisik pada siswa SDIT Ummu'l Quro Depok tahun 2013 = Differences in the proportion of fruits and vegetables consumption according to individual, social environment, and physical environment factors on students of SDIT Ummu'l Quro Depok in 2013

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Abstrak

Buah dan sayur merupakan makanan yang kaya akan zat gizi yang diperlukan tubuh. Akan tetapi, proporsi konsumsi yang sesuai anjuran ditemukan masih rendah di Indonesia, begitu juga di Kota Depok. Penelitian ini bertujuan untuk mengetahui perbedaan proporsi konsumsi buah dan sayur menurut faktor individu, lingkungan sosial, dan lingkungan fisik pada siswa SDIT Ummu'l Quro Depok tahun 2013. Penelitian ini menggunakan desain cross sectional. Pengambilan data dilakukan dengan kuesioner yang diisi sendiri oleh responden. Populasi penelitian adalah siswa SDIT Ummu'l Quro Depok dengan sampel siswa kelas 4 dan 5. Besar sampel berjumlah 108 anak. Analisis dilakukan menggunakan uji Chi Square. Hasil menunjukkan konsumsi buah dan sayur yang sesuai anjuran masih rendah, yaitu 15%. Hasil analisis bivariat menunjukkan faktor yang berhubungan signifikan adalah pengaruh teman ($p=0,005$; OR (95% CI=6,314 (1,983 – 20,106)) dan keterpaparan media informasi ($p=0,032$; OR (95% CI=4,000 (1,313 - 12,183))).

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Fruits and vegetables are rich in nutrients needed by the body. However, the proportion of consumption as recommended is still low in Indonesia, so did in Depok. This study aimed to determine differences in the proportion of fruit and vegetable consumption according to individual, social environment, and physical environment factors on students of SDIT Ummu'l Quro Depok in 2013. This study is a cross sectional design. Data were collected using self administered questionnaires. The study population was students of SDIT Ummu'l Quro Depok with sample is students grade 4 and 5. Sample size was 108 children. Analyses were performed using Chi Square test. The result showed that fruits and vegetables consumption as recommended is still low at 15%. The bivariate analysis showed that peers influence ($p=0,005$; OR (95% CI=6,314 (1,983 – 20,106)) and information media exposure ($p=0,032$; OR (95% CI=4,000 (1,313 - 12,183))) were significantly associated with fruit and vegetables consumption.