

Keragaman makanan pada pelajar remaja putri di Jakarta Pusat Indonesia = Dietary diversity of adolescent school girls in Central Jakarta Indonesia / Rika Rachmalina

Rika Rachmalina, author

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Abstrak

[ABSTRAK

Remaja putri perlu berada dalam status gizi yang optimal untuk persiapan kehamilannya kelak. Penelitian ini bertujuan membandingkan keragaman makanan pelajar remaja putri. Studi komparatif potong lintang dilakukan pada 220 pelajar putri berusia 14-18 tahun. Pengukuran tinggi dan berat badan dilakukan untuk menentukan skor-BAZ. Pemeriksaan diet dilakukan memakai metode 2xrecall-24 jam untuk menentukan skor keragaman makanan, menggunakan 13 kelompok makanan yang dikonsumsi minimal 15 gram/hari. Perbedaan skor keragaman makanan antara dua kelompok pelajar remaja putri dianalisis menggunakan uji Mann-Whitney. Remaja putri dengan BAZ<#8804;-1 mengonsumsi makanan lebih beragam daripada kelompok -1<BAZ<#8804;1. Pelajar remaja putri perlu mendapat pengetahuan tentang pentingnya mengonsumsi makanan beragam.

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ABSTRACT

Adolescent girls need to be in a good nutrition status for their upcoming pregnancy. This study aimed to compare dietary diversity in adolescent school girls. Comparative cross-sectional study was conducted among 220 adolescent school girls aged 14-18 years. Height and weight were assessed to determine BAZ-score. Dietary diversity score (DDS) using 13 food groups with a minimum intake of 15 gram/day was determined based on 2x24-hour recall method. Mann-Whitney test was performed to compare DDS between groups. The BAZ<#8804;-1 group consumed more variety food compared to -1<BAZ<#8804;1 group. Adolescent school girls need to know the importance of dietary diversity, Adolescent girls need to be in a good nutrition status for their upcoming pregnancy. This study aimed to compare dietary diversity in adolescent school girls. Comparative cross-sectional study was conducted among 220 adolescent school girls aged 14-18 years. Height and weight were assessed to determine BAZ-score. Dietary diversity score (DDS) using 13 food groups with a minimum intake of 15 gram/day was determined based on 2x24-hour recall method. Mann-Whitney test was performed to compare DDS between groups. The BAZ<#8804;-1 group consumed more variety food compared to -1<BAZ<#8804;1 group. Adolescent school girls need to know the importance of dietary diversity]