

Hubungan dukungan sosial dengan status gizi remaja di wilayah kerja Puskesmas Jagakarsa = The relationships between social support and nutritional status among adolescent in area of Puskesmas Jagakarsa / Rani Ardina

Rani Ardina, author

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Abstrak

ABSTRAK

Nama : Rani Ardina
Program Studi : Magister Ilmu Keperawatan
Judul : Hubungan Dukungan Sosial dengan Status Gizi Remaja di Wilayah Kerja Puskesmas Jagakarsa
Proses pertumbuhan dan perkembangan pada masa remaja menyebabkan kebutuhan asupan nutrisi melalui makanan yang lebih besar dari masa anak-anak. Penelitian ini bertujuan untuk mengetahui hubungan dukungan sosial dengan status gizi remaja. Desain yang digunakan deskriptif korelasional pendekatan cross sectional. Pengambilan sampel dengan stratified random sampling 107 remaja SMP kelas 7 dan 8. Studi ini mengkaji dukungan sosial yang bersumber dari orangtua dan teman sebaya dengan status gizi remaja IMT/U . Hasil penelitian menunjukkan bahwa rerata usia remaja 12,62, berjenis kelamin perempuan 57 , pendidikan terakhir ibu lebih banyak SMA 49,5 , paling banyak remaja dari keluarga dengan penghasilan lebih dari UMR 78,5 . Dukungan sosial kurang lebih banyak dari dukungan sosial baik 51,4 . Berdasarkan bentuk dukungan, dukungan informasi lebih banyak yang dirasakan baik 67,3 , dukungan emosi lebih banyak dirasakan kurang 53,3 , dan dukungan instrumental lebih banyak baik 57 . Tidak terdapat hubungan bermakna antara dukungan sosial dengan status gizi remaja $p > 0,005$, namun secara klinis dapat meningkatkan peluang status gizi normal pada remaja $OR=1,176$; 95 CI =0,529-2,614 . Banyaknya faktor yang berpengaruh terhadap status gizi juga berpengaruh terhadap perilaku pemenuhan gizi pada remaja. Disarankan agar dukungan sosial yang berasal dari keluarga dan teman sebaya perlu dikembangkan agar dapat meningkatkan perilaku kesehatan remaja.
Kata Kunci: dukungan sosial, remaja, status gizi

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ABSTRACT

Name Rani Ardina
Study Programe Master Programe In Nursing Science
Title The Relationships Between Social Support and Nutritional Status among Adolescent in Area of Puskesmas Jagakarsa
The process of growth and development during adolescence leads to the need of nutrients through greater food intake than that in childhood. This study aimed to determine the relationships between social support and nutritional status among adolescents in Jagakarsa, South Jakarta. The design was a descriptive correlational with cross sectional approach. A total sample of 107 adolescents of junior high school grade 7 and 8 were selected using stratified random sampling .The results showed that the average age of adolescents was 12.62, female was 57 , the mother who graduated from senior high school were more than 49.5 , families were more from minimum wage were 78.5 . Social support less were more social support good 51.4 . Based on the form of social support, information support were more good 67.3 , emotional support less were more from emotional support good 53.3 , and the instrumental support good were more 57 . There was no significant relationships between social support and nutritional status of adolescents $p 0.005$, but social support could notably increase the chances of normal nutritional status in adolescents $OR 1.176$ 95 CI 0.529 to 2.614 . Many

factors affected the nutritional status also affected the nutrition behaviors in adolescents. It is recommended that social support from parent and peer can be developed to increase adolescent healthy behaviours. Key words: social support, adolescent, nutritional status