Perbedaan proporsi asupan kalsium remaja berdasarkan literasi gizi dan faktor lainnya pada siswa-siswi SMAN34 Jakarta tahun 2019 = Difference proportion of calcium intake among adolescent based on nutrition literacy and other factors in students of SMAN 34 Jakarta 2019

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Abstrak

Kalsium merupakan zat gizi yang berperan penting dalam pertumbuhan khususnya pada remaja. Skripsi ini bertujuan untuk mengetahui perbedaan proporsi asupan kalsium berdasarkan kebiasaan konsumsi susu, kebiasaan sarapan, konsumsi soft drink, literasi gizi, pengetahuan mengenai kalsium, pendidikan ayah, pendidikan ibu, penghasilan orang tua/wali serta jenis kelamin. Desain penelitian yang digunakan adalah cross sectional dengan total sampel 142 siswa SMAN 34 Jakarta selama bulan April 2019. Pengumpulan data dilakukan melalui pengisian kuesioner dan asupan kalsium diukur melalui SQ-FFQ. Data dianalisis dengan uji chi-square. Hasil penelitian menunjukkan 67.6% siswa memiliki asupan kalsium kurang dengan rata-rata 808.1 454 mg. Analisis bivariat menunjukkan adanya perbedaan proporsi asupan kalsium yang signifikan berdasarkan konsumsi susu (p=0.000, OR=6.05), konsumsi soft drink (p=0.013, OR=0.18), dan literasi gizi kritikal (p=0.049, OR=3.05).

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Calcium is one of nutrient that plays an important role in growth, especially in adolescents. This study aims to determine the differences of calcium intake based on milk consumption, breakfast, soft drink consumption, nutrition literacy, calcium-related knowledge, fathers eduaction, mothers education, parents income and gender. This research adapts cross-sectional design with a total of 142 students of SMAN 34 jakarta during April 2019. Data was collected using questionnaire and SQ-FFQ method to measure calcium intake. Data were analayzed by chi-square test. The results showed 67.6% of students had less calcium intake with an average of 808.1 454mg. Bivariate analysis showed that there was a significant difference of calcium intake based on milk consumption(p=0.000, OR=6.05), soft drinks consumption(p=0.013, OR=0.18), and critical nutrition literacy(p=0.049, OR=3.05).