

Perbedaan proporsi konsumsi sayur anak usia 10-11 tahun berdasarkan food neophobia dan faktor lainnya di SDN Kota Bogor tahun 2019 = The proportional differences of vegetable consumption in 10-11 years old children based on children food neophobia and the other factors at public Elementary School in Bogor City 2019

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Abstrak

Anak-anak usia sekolah cenderung mengonsumsi makanan tinggi lemak dan rendah serat termasuk sayur. Rendahnya konsumsi sayur pada periode ini dalam jangka pendek dapat menyebabkan kerusakan sel, lemahnya imunitas tubuh, ISPA, dan masalah pencernaan sedangkan dampak jangka panjangnya dapat meningkatkan risiko terkena penyakit kronis seperti penyakit jantung koroner, COPD, stroke, kardiovaskular, dan kanker. Penelitian ini bertujuan untuk mengetahui perbedaan proporsi konsumsi sayur anak usia 10-11 tahun berdasarkan food neophobia dan faktor lainnya di SDN Polisi 1 Kota Bogor. Penelitian ini bersifat kuantitatif menggunakan desain studi cross sectional dengan jumlah sampel sebanyak 142 responden. Data dikumpulkan melalui pengisian kuesioner serta formulir food record 2x24 jam oleh responden. Data dianalisis menggunakan uji chi-square. Hasil penelitian menunjukkan bahwa hanya 18,3% responden yang mengonsumsi sayur setiap hari dan rata-rata konsumsi sayur responden hanya 33,75 gram per hari. Analisis statistik menunjukkan adanya perbedaan proporsi konsumsi sayur yang bermakna berdasarkan faktor kesukaan, keyakinan diri, hambatan, dan preferensi sayur. Edukasi mengenai pentingnya konsumsi sayur perlu diberikan kepada anak usia sekolah serta orang tuanya untuk mencapai anjuran konsumsi sayur yang direkomendasikan.

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School aged children tend to eat high-fat and low fiber foods, also low vegetable intake. Low vegetable consumption in this period cause cell damage, low imunity system, URI, and inflammatory bowel disease, besides long term effect can cause heart disease, COPD, stroke, CVD, and cancer. The study aims to determine the proportional differences of vegetable consumption in 10-11 years old children based on food neophobia and the other factos at Polisi 1 Public Elementary School in Bogor City. This quantitative study uses cross sectional design with 142 respondents. Data were collected through self-registered questionnaire and 2x24 hours food record form and analysed using chi-square test. The result showed that there were only 18,3% respondents who eat vegetables daily and only 33,75 gram vegetables consumed each day. Statistical analysis also showed a significant vegetable consumption differences based on liking, self efficacy, perceived barrier, and vegetable preferences. Nutrition education is needed for school aged children and their parents to reach daily vegetable recommendation intake.