

Faktor-Faktor yang Berhubungan dengan Konsumsi Buah dan Sayur pada Siswa SMA Negeri 97 Jakarta Tahun 2016

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Abstrak

<div style="text-align: justify;">Buah dan sayur kaya akan serat, vitamin, dan mineral sehingga bermanfaat untuk melancarkan pencernaan, mencegah kegemukan dan penyakit kronis, serta meningkatkan sistem kekebalan tubuh. Namun, persentase perilaku kurang konsumsi buah dan sayur pada masyarakat Indonesia tergolong tinggi, terutama di Jakarta Selatan. Remaja diketahui merupakan kelompok usia yang paling jarang mengonsumsi buah dan sayur. Penelitian yang bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan konsumsi buah dan sayur pada siswa SMANegeri 97 Jakarta ini menggunakan metode cross-sectional. Pengambilan data dilakukan pada bulan Februari sampai Juni 2016, dengan besar sampel 148 siswa. Pengumpulan data dilakukan dengan kuesioner yang diisi sendiri oleh responden. Berdasarkan nilai mean skor konsumsi buah (1,51 porsi/hari) dan sayur (1,29 porsi/hari), diketahui bahwa 56,8% responden kurang mengonsumsi buah dan/atau sayur. Hasil analisis bivariat menunjukkan bahwa konsumsi buah dan sayur berhubungan positif dengan kesukaan (p-value= 0,0020; OR (95% CI=4,070 (1,712−9,677))), pengetahuan gizi (p-value= 0,0001; OR (95% CI= 3,903 (1,908−7,983))), efikasi diri (p-value= 0,0010; OR (95% CI= 4,151 (1,802−9,565))), pengaruh orangtua (p-value= 0,0001; OR (95% CI= 4,250 (2,043−8,842))), dan ketersediaan (p-value= 0,0001; OR (95% CI= 3,593 (1,750−7,379))), namun tidak berhubungan dengan pengaruh teman (p-value=1,0000; OR (95% CI= 1,323 (0,181−9,651))). Kata kunci :Konsumsi, buah, sayur, remaja, kesukaan, pengetahuan, efikasi diri, orangtua, teman, dan ketersediaan.</div><hr /><div style="text-align: justify;">Fruits and vegetables are so rich in fibers, vitamins, and minerals that they can be very useful to smooth the digestive system, prevent any obesity, chronic disease and enhance the immune system as well. On the other hand, the percentage of inadequate of consuming fruits and vegetables are still increasing by most Indonesian people, especially many of whom are living in South of Jakarta. Adolescents are considerably known the average age of groups who rarely in consuming both fruits and vegetables. The objective of this research is intended to find out what factors are related to the students habitual activity regarding the mentioned issue above on lack of consuming them by using a cross-sectional approach. Data collected from February through June of 2016, along with the sample size of 148 students. Data collected carried out by means of questionnaires filled out by each respondent. Based on the mean score of the consumption of fruits (1.51 servings/day) dan vegetables (1.29 servings/day) revealed that 56.8% of respondents have lack of fruits and vegetables consumption. The results of the bivariate analysis showed that fruits, vegetables consumption are positively related to preferences (p-value= 0.0020; OR (95% CI= 4.070 (1.712−9.677))), nutritional knowledge (p-value= 0.0001; OR (95 % CI= 3.903 (1.908−7.983))), self-efficacy (p-value= 0.0010; OR (95% CI= 4.151 (1.802−9.565))), parents influence (p-value= 0.0001; OR (95% CI= 4.250 (2.043−8.842))), and availability (p-value= 0.0001; OR (95% CI= 3.593 (1.750−7.379))), but not related to friends influence (p-value= 1,0000; OR (95% CI= 1,323 (0,181−9,651))). Keywords :Consumption, fruits, vegetables, adolescents, preferences, knowledge, self-efficacy, parents, friends, and

availability.</div>