

PERBEDAAN ASUPAN ZAT GIZI MIKRO, KEJADIAN GIZI LEBIH DAN TEKANAN DARAH PADA SANTRIWATI *BOARDING SCHOOL* YANG MEMILIKI AHLI GIZI DAN TANPA AHLI GIZI

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Abstrak

Adanya ahli gizi yang berperan langsung dalam sistem penyelenggaraan makanan di sebuah institusi *boarding school* merupakan hal yang belum banyak disediakan oleh *boarding school* pada umumnya dimana seharusnya ahli gizi tersebut sangat dibutuhkan agar nutrisi santriwati tercukupi dengan pengawasan seorang ahli gizi. Penelitian ini bertujuan untuk menganalisis perbedaan asupan zat gizi mikro (natrium dan zat besi), kejadian gizi lebih dan tekanan darah pada santriwati *Boarding School* yang memiliki ahli gizi dan tanpa ahli gizi. Penelitian ini menggunakan pendekatan kuantitatif dengan desain *cross sectional*. Sampel penelitian yaitu sebanyak 79 responden pada masing-masing *boarding school* sehingga total sampel adalah 158 responden dan menggunakan teknik pengambilan sampel *Stratified Random Sampling*. Analisis data menggunakan uji beda *Mann Whitney* untuk jenis data numerik dan uji *Chi-Square* untuk jenis data kategorik. Terdapat perbedaan asupan zat besi pada santriwati di Al-Hamidiyah dan Dwiwarna *Boarding School* dengan *p-value* = 0.000.

Kata kunci: Ahli Gizi, Kejadian Gizi Lebih, Natrium, Tekanan Darah, Zat Besi

THE DIFFERENCES BETWEEN MICRONUTRIENTS INTAKES, HIGH INCIDENCE OF OVERNUTRITION AND BLOOD PRESSURE AMONGST STUDENTS OF BOARDING SCHOOLS WITH AND WITHOUT NUTRITIONIST

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Abstract

The role of nutritionist on food service in boarding school institutions is rarely applied by the boarding schools, however the role of nutritionist is crucial for students in order to meet their nutritional needs by supervising their nutritional values and intakes. Goal: Analyzed the differences between micronutrients intakes (natrium and iron), high incidence of nutrition and blood pressure amongst students in boarding schools with and without nutritionist. Methodes: The research is using quantitative methods with cross sectional design. The samples are 79 respondents from each boarding schools which resulting in total 158 respondents and were chosen by stratified random sampling technique. The data were analyzed by Mann Whitney for numerical data and Chi Square for categorical data. Results: There are the differences between iron intakes amongst Al-Hamidiyah students and Dwiwarna Boarding School student (p-value = 0.000).

Keywords: High Incidence of Overnutrition, Natrium, Nutritionist, Blood Pressure, Iron