

HUBUNGAN KEBIASAAN MINUM SUSU DAN ASUPAN KALSIMUM DENGAN STATUS GIZI BERDASARKAN TB/U PADA ANAK USIA SEKOLAH DI SDN GROGOL 1, DEPOK

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Abstrak

Berdasarkan data nasional status gizi menurut TB/U untuk prevalensi pendek pada anak usia 5-12 tahun sebesar 30,7% dan di Jawa Barat prevalensinya sebesar 30%. Salah satu faktor penyebab pendek pada anak adalah kurangnya asupan makromineral yaitu kalsium. Salah satu sumber kalsium terbesar terdapat dalam susu. Sementara kurang dari 40 % anak Indonesia yang mengonsumsi susu secara rutin, yakni 2 gelas/hari. Penelitian ini bertujuan mempelajari hubungan kebiasaan minum susu dan asupan kalsium dengan status gizi di SDN Grogol 1, Depok. Penelitian ini menggunakan metode survei analitik dengan jenis *cross sectional*. Besar sampel penelitian ini sebanyak 110 responden. Cara pengambilan sampel dengan acak stratifikasi. Hasil menunjukkan bahwa terdapat hubungan antara kebiasaan minum susu dengan status gizi berdasarkan TB/U ($p=0,005$). Kemudian terdapat antara asupan kalsium dengan status gizi berdasarkan TB/U ($p=0,020$). Sehingga dalam proses pertumbuhan disarankan untuk meningkatkan kebiasaan minum susu dan konsumsi makanan sumber kalsium pada anak.

Kata kunci : status gizi berdasarkan TB/U, *stunting*, kebiasaan minum susu, asupan kalsium, anak usia sekolah.

THE HABITUAL CORRELATION OF DRINKING MILK AND CALCIUM INTAKE WITH NUTRITIONAL STATUS ACCORDING TO HEIGHT FOR AGE AT THE CHILDREN OF ELEMENTARY SCHOOL GROGOL 1, DEPOK

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Abstract

Based on national data nutritional status according to height for age to prevalence of stunted in children age'd 5-12 years was 30,7% and for the region of Western Java was 30%. The stunted was influenced by many factors, such as calsium inadequate intake. The largest of calcium source contained in milk. While less than 40% of the Indonesian children regularly consume milk that is 2 cups everyday. This research aims was to find out correlation of drinking milk and calcium intake with nutritional status according to height for age at the children of elementary school Grogol 1, Depok. This research use an analytical survey method with cross sectional type. Total sample in this research was 110 repondent. The sampling of respondent taken by stratified random. The result showed that there significant correlation between habitual of drinking milk with nutritional status according to height for age ($p=0,005$). There the was significant correlation between calcium intake with habitual of drinking milk with nutritional status according to height for age ($p=0,020$). The recommended in grow up process at the children that the school should have nutrition education or promotion to increase habitual of drinking milk and consumption of calcium sources.

Keyword: nutritional status according to height for age, stunted, pattern of drinking milk, calcium intake, children of elementary school.