

**HUBUNGAN ANTARA TINGKAT KECUKUPAN GIZI (ENERGI, PROTEIN,
VITAMIN A, VITAMIN C DAN ZAT BESI) DENGAN STATUS GIZI SANTRIWATI
(Studi di Asrama Putri Pondok Pesantren Al – Islam Kecamatan Sukomoro Kabupaten
Nganjuk)**

CHANDRA KARTIKA DEWI

Prof. Dr. Chatarina Umbul Wahyuni, dr., M.S., M.PH.

KKC KK FKM 259 11 Dew h

ABSTRACT

Moslem boarding school is a place where students study and also stay at dormitory that has been provided. The existence of the students of boarding school is not paid attention yet, no matter about health, environment, or food consumption, it resulted in student suffering from anemia and malnutrition is high enough. The objective of this research was intended to analyze the relationship between the level of sufficiency (energy, protein, vitamin A, vitamin C and iron essence) and nutrition status amongst the student in the Al – Islam Moslem boarding school girl dormitory. This research was an analytic observational research, with cross sectional design. The research's population were all student in the Al – Islam Moslem Boarding School girl dormitory. The research's sample were 67 student in the girl dormitory. Data was collected by conducting interviews used questionnaires, weight and height measurement, and weighing the students' leftovers. Association among variables was tested by using statistical analysis spearman test. The results showed that most respondents had sufficient levels of nutrition deficit, to as much energy as 92.5% of respondents, 94.0% of respondents protein, vitamin C as much as 98.5% and 97.0% as much iron. As for sufficient levels of vitamin A majority (94.0%) of respondents in good categories. And for nutritional status, 88.1% of students had a normal nutritional status, 10.4% of students had a skinny nutritional status and only 1.5% of students had a obesity nutritional status. The results showed there were significant relation between protein and vitamin C sufficiency and nutritional status of students with $p = 0,043$ for the protein and $p = 0,005$ for the vitamin C. And there was no relation between energy sufficiency, vitamin A and iron essence with Nutritional status. It is essential that the consumption of food highing energy and protein should be increased by adding the portion or expand the variety of the food consumed.

Key words: Level of sufficiency, Nutritional status and Moslem Boarding School

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