

## **STUDITINGKAT PEMENUHAN KECUKUPAN ENERGI DAN PROTEIN SERTA STATUS GIZIIBU RUMAH TANGGA DI BIDANG PERTANIAN DI YOGYAKARTA**

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### **INTISARI**

Kualitas manusia sangat ditentukan oleh fisik dan mental. Keseimbangan zat gizi yang cukup sejak masih dalam kandungan sangat mempengaruhi kualitas seseorang di kelak kemudian hari. Peran seorang ibu rumah tangga sangat besar dalam menentukan keseimbangan zat gizi keluarganya. Penelitian ini bertujuan untuk mengetahui pemenuhan kecukupan energi dan protein pada ibu rumah tangga bidang pertanian. Penelitian dilakukan dengan survai lapangan dengan menggunakan kuisioner yang dilakukan di tiga kabupaten, yaitu Kabupaten Sleman, Bantul dan Kotamadya Yogyakarta. Materi penelitian adalah responden ibu rumah tangga yang berjumlah 75 orang. Data yang diambil adalah konsumsi pangan, tinggi badan, berat badan, dan pendapatan keluarga. Perhitungan dilakukan dengan emngkonversi makanan ke dalam energi dan protein dengan rujukan daftar komposisi bahan makanan. Penelitian dilakukan sejak akhir 1997 sampai pertengahan 1998. Hasil yang diperoleh konsumsi energi sebesar 2380,89 kkal/kapita/hari atau 95,23% angka kecukupan energi sedangkan konsumsi protein sebesar 53,43 g/kapita/hari atau 89,05% dari angka kecukupan protein nasional dengan protein hewani sebesar 17,66g/ kapita/ hari. *Body mass index* rata-rata adalah 21,7 atau berada dalam kisaran status gizi normal.

(Kata Kunci : Ibu Rumah Tangga, Energi, Protein, *Body Mass Index*)

## A STUDY OF SUFFICIENCY FULFILMENT OF ENERGY AND PROTEIN AND STATUS OF HOUSEWIFE NUTRITION AT THE FIELD OF AGRICULTURE IN YOGYAKARTA

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### ABSTRACT

Human's quality is absolutely determined by both physically and mentally qualities. Therefore, the adequate nutritional balance, as early in mother's womb is having a potential influence in the future. A housewife plays a big role in forming nutritional balance for her family. This study was aimed at recognizing energy and protein sufficiency fulfilment of a housewife at the field of agriculture. The research was done trough field surveys by using quitioner exercised on three regencies, those were Sleman, Bantu! and Yogyakarta municipality. The object of the research was 75 housewife respondents. The data taken in this research were food consumption, body height, body weight, and family income. The calculation was done by conversing foods into energy and protein by reference of foodstuff composition. The research was carried out since the end of 1997 up to the mid of 1998. The results of the research were that energy consumption was 2380.98 kcal/capita/day or sufficiency energy rate 95.23%, while protein consumption was 53.43 g/capita/day or 89.05 percent of national protein sufficiency rate and the animal protein as much 17,66 g/capita/ day. Body mass index was 21,7 or lay on the normal nutrition status.

(Key words : House wife, Energy, Protein, Body Mass Index)