

ABSTRAK

HUBUNGAN PERAN KELUARGA, AKSES, KETERSEDIAAN, DAN KETERAMPILAN PENYIAPAN BUAH DAN SAYUR TERHADAP KONSUMSI BUAH DAN SAYUR PADA REMAJA

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Latar Belakang: Salah satu masalah yang berkaitan dengan perilaku makan ialah kurangnya konsumsi buah dan sayur. Proporsi penduduk usia remaja (13 – 18 tahun) yang kurang konsumsi buah dan sayur sangat tinggi yaitu 98,4%. **Tujuan:** Mengetahui hubungan peran keluarga, akses, ketersediaan, keterampilan penyiapan buah sayur dengan konsumsi buah sayur pada remaja. **Metode:** Penelitian observasional dengan desain *cross-sectional* pada 50 responden dengan menggunakan teknik *purposive sampling* dari bulan Maret 2021 hingga Mei 2021. Pengumpulan data menggunakan kuesioner dan formulir SQ-FFQ secara online. Analisis data dengan uji *chi-square*, Fisher, dan Kolmogorov Smirnov. **Hasil:** Sebanyak 60% responden mengonsumsi buah dan sayur baik yaitu lebih dari 400 gram/hari. Tidak terdapat hubungan antara contoh orang tua ($p=1,00$), dukungan orang tua ($p=0,4$), sosial ekonomi keluarga ($p=0,997$), akses buah ($p=0,419$), akses sayur ($p=0,729$), ketersediaan buah dan sayur ($p=0,416$), dan keterampilan penyiapan buah dan sayur ($p=0,485$) dengan konsumsi buah dan sayur. Terdapat hubungan antara pekerjaan ibu ($p=0,004$) dan pekerjaan ayah ($p=0,006$) dengan konsumsi buah dan sayur. **Kesimpulan:** Tidak terdapat hubungan antara peran keluarga, akses, ketersediaan, keterampilan penyiapan buah dan sayur dengan konsumsi buah dan sayur.

Kata Kunci : Peran keluarga, sosial ekonomi, akses, ketersediaan, keterampilan penyiapan, konsumsi buah sayur.

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ABSTRACT

THE RELATIONSHIP OF FAMILY ROLE, ACCESS, AVAILABILITY, AND FRUIT AND VEGETABLE PREPARATION SKILLS TO FRUIT AND VEGETABLE CONSUMPTION IN ADOLESCENTS

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Background: One of the problems related to eating behavior is the lack of fruit and vegetable consumption. The proportion of the population of adolescents (13-18 years) who lacks fruit and vegetable consumption is very high at 98.4%. **Objective:** Determine the correlation between family role, access, availability, preparation skills and fruit and vegetable consumption in adolescents. **Methods:** An observational study with a *cross-sectional* design on 50 subjects using *purposive sampling* technique from March 2021 to May 2021. Data were collected through online questionnaires and SQ-FFQ forms. Data analysis was performed using chi-square, Fisher, and Kolmogorov Smirnov test. **Results:** Sixty percent of the respondents consumed sufficient amount of fruits and vegetables, which was more than 400 grams/day. There were no relationship between the example of parents ($p = 1.00$), parental support ($p = 0.4$), family socioeconomic ($p = 0.997$), access to fruit ($p = 0.419$), access to vegetable ($p=0.729$), fruit and vegetable availability ($p=0.416$), as well as fruit and vegetable preparation skills ($p=0.485$) with fruit and vegetable consumption. There was a relationship between mother's occupation ($p=0.004$) and father's occupation ($p=0.006$) with fruit and vegetable consumption. **Conclusion :** There is no relationship between family role, access, availability, fruit and vegetable preparation skills and fruit and vegetable consumption.

Keywords : Family role, socioeconomic, access, availability, preparation skills, fruits and vegetables consumption.

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