

PENGARUH TIPE PANTI ASUHAN (A DAN C) TERHADAP TINGKAT KONSUMSI ENERGI DAN PROTEIN SERTA STATUS GIZI REMAJA PENGHUNI PANTI USIA 10-18 TAHUN (STUDI DI PANTI GATOT SUBROTO DAN PANTI AL-HIKMAH SEMARANG)

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(2005 - Skripsi)

Usaha Perbaikan Gizi Institusi merupakan salah satu program perbaikan gizi yang bertujuan untuk mendorong agar berbagai institusi pemerintah dan swasta memberikan perhatian yang lebih besar kepada peningkatan keadaan gizi danarganya. Panti Asuhan merupakan suatu organisasi sosial. Ditinjau dari tingkat kemampuannya(fasilitasi), terdapat empat kategori yaitu Panti Asuhan dengan Tipe A,B,C dan D.Adanya perbedaan tipe, diduga berpengaruh terhadap penyelenggaraan makanan yang pada akhirnya berdampak pada pemenuhan gizi dan status gizi penghuni panti. Tujuan penelitian ini adalah menganalisis perbedaan tingkat konsumsi energi dan protein serta status gizi serta menganalisis pengaruh perbedaan tipe panti asuhan terhadap tingkat konsumsi enrgi dan protein serta status gizi remaja penghuni panti. Jenis penelitian yang digunakan adalah *explanatory* dengan metode survei dan pendekatan *cross sectional*.Pengambilan data dilakukan dengan wawancara menggunakan kuesioner dan observasi. Populasi dalam penelitian ini adalah semua penghuni Panti Asuhan Gatot Subroto dan Panti Asuhan Al-Hikmah. Sampel diambil dengan menggunakan kriteria inklusi dan eksklusi. Jumlah sampel di panti tipe A :20 orang, di panti tipe C :35 orang. Analisis perbedaan menggunakan uji *t-test Independent* sedangkan untuk analisis pengaruh menggunakan uji regresi sederhana dengan *dummy variable*. Hasil penelitian memperlihatkan ada perbedaan penyelenggaraan makanan di panti tipe A dan C dengan perbandingan skor 36:19, tingkat konsumsi energi ($p=0,000$),tingkat konsumsi protein ($p=0,000$) serta status gizi ($p=0,047$) antara remaja asuh penghuni Panti Asuhan tipe A dan remaja penghuni Panti asuhan tipe C. Perbedaan tipe juga mempengaruhi tingkat konsumsi enrgi ($R^2= 33\%$, $\beta=0,575$),tingkat konsumsi protein ($R^2=29,1\%$, $\beta=0,540$), status gizi ($R^2= 7,3\%$, $\beta=0,269$).

Berdasarkan hasil penelitian di atas dapat disimpulkan bahwa adanya perbedaan tipe berpengaruh terhadap tingkat konsumsi energi dan protein serta status gizi remaja penghuni panti di panti tipe A dan C.

Kata Kunci: panti, energi, protein ,status gizi, remaja

INFLUENCE OF THE ORPHANAGE TYPE DIFFERENCE TO THE LEVEL OF ENERGY AND PROTEIN CONSUMPTION AND ALSO ADOLESCENT NUTRITIONAL STATUS AGE 10-18 YEARS OLD(STUDY AT GATOT SUBROTO ORPHANAGE AND AL-HIKMAH ORPHANAGE

Effort nutrition institution improvement is one of nutritional improvement program, which has purpose of encouraging any governmental and private institutions to pay more attention to the increase of its people nutrient condition. An Orphanage is a social organization. looking at it from its capability degree (facilitation), there are 4 categories of orphanage, namely an orphanage with the type of A,B,C and D. Because of the type difference, it influences the food serving which finally has an impact to the nutrient fulfillment and nutritional status of the orphanage's occupant. The aim of the research is to analyze the distinction on food serving, the level of energy and protein consumption and nutritional status, and also to analyze the influence of the orphanage type difference to the level of energy and protein consumption and also the adolescent's nutritional status.

Kind of the research is an explanatory research with survey method and cross sectional approach. Data collecting was conducted by interview using questionnaire and observation. The populations in this research were all occupants of type A orphanage (Gatot Subroto) and type C orphanage (Al-Hikmah). Sample was taken by using inclusive and exclusive criteria. The amount of research samples at the type A orphanage was 20 people and at the type C was 35 people. The difference analysis used t-test Independent test, meanwhile, for the influence analysis used simple regression test by dummy variable.

The result of the research indicates that there is a difference on food serving at the type A and C orphanage with score 36:19, the energy consumption level ($p=0,000$), protein consumption level ($p=0,000$), and the nutritional status ($p=0,047$) between adolescent as the occupant of type A orphanage and adolescent as the type C orphanage. The type of orphanage also effect the energy consumption level ($R^2=33\%$, $\beta =0,575$), the protein consumption level ($R^2=29,1\%$, $\beta=0,540$), and nutritional status ($R^2=7,3\%$, $\beta=0,269$).

Based on the result of the research above, the writer concludes that the type difference affects the energy and protein consumption level and also adolescent's nutritional status as the occupant of type A and type C orphanage. The type difference also effect the energy consumption level ($R^2=33\%$, $\beta=0,575$), The protein consumption level ($R^2=29,1\%$ $\beta=0,540$). and nutritional status ($R^2=7,3\%$ $\beta=0,269$)

Based on the result of the research above, the writer concludes that the type difference affects the energy and protein consumption level of the adolescent as the occupant of type A and type C Orphanage

Keyword: orphanage, energy, protein, nutritional status, adolescent