

HUBUNGAN KONSUMSI BUAH DAN SAYUR DENGAN KEJADIAN KONSTIPASI PADA USIA REMAJA DI SMP IPIEMS SURABAYA

ABSTRAK

Data Riskesdas 2007 menunjukkan prevalensi kurang makan buah dan sayur usia 10 tahun ke atas menurut karakteristik responden pada kategori usia 10-24 tahun sebesar 93,7%. Riskesdas 2013 menunjukkan prevalensi kurang makan buah dan sayur usia 10 tahun ke atas sebesar < 92%. Kurang konsumsi buah dan sayur akan menimbulkan berbagai macam penyakit salah satunya adalah konstipasi.

Tujuan dari penelitian ini untuk mengetahui hubungan konsumsi buah dan sayur dengan kejadian konstipasi pada usia remaja di SMP IPIEMS Surabaya.

Penelitian ini menggunakan rancangan penelitian analitik observasional. Data dikumpulkan secara *cross sectional*. Penelitian ini melibatkan 63 responden yang terdiri atas siswa-siswi kelas VIII. Teknik pengambilan sampel menggunakan *simple random sampling*.

Hasil penelitian menunjukkan tingkat konsumsi buah pada usia remaja di SMP IPEMS Surabaya, sebanyak 56 remaja (88,89%) tergolong kategori defisit berat dan 3 remaja (4,76%) tergolong kategori defisit ringan. Tingkat konsumsi sayur pada usia remaja di SMP IPEMS Surabaya sebanyak 50 remaja (79,36%) tergolong kategori defisit berat dan 10 remaja (15,87%) tergolong kategori defisit ringan. Sebanyak 4 remaja (6,34%) mengalami konstipasi dan 59 remaja (93,65%) tidak mengalami konstipasi.

Hasil penelitian menunjukkan tidak ada hubungan konsumsi buah dengan kejadian konstipasi pada usia remaja di SMP IPEMS Surabaya dan tidak ada hubungan konsumsi sayur dengan kejadian konstipasi pada usia remaja di SMP IPEMS Surabaya.

Agar supaya tidak mengalami konstipasi yang lebih lanjut responden diharapkan lebih memperhatikan intake cairan, asupan serat dan aktifitas fisik

Kata kunci : *konsumsi buah, konsumsi sayur, konstipasi.*

**THE RELATION OF CONSUMING FRUIT AND VEGETABLE WITH
THE NUMBER OF CONSTIPATION AT TEENAGE IN IPIEMS
SURABAYA HIGH SCHOOL**

ABSTRACT

The Riskesdas data in 2007 shows the prevalence of less eating fruit and vegetable at children aged 10 and above based on characteristic of respondents in 10 – 24 years age categories are 93,7%. The Riskesdas data in 2013 shows prevalence of less eating fruit and vegetable at children aged 10 years above are < 92%. The less consumption of fruit and vegetable will cause various diseases, such as constipation.

The purpose of this research is for knowing the relation of consuming fruit and vegetable with the number of constipation at teenage in IPIEMS Surabaya High School.

This research is using observationalanalyticstudy design. Data was collected cross sectionally. This research involves 63 respondents that consists of students on 8th grade. The technique of collecting samples is using simple random sampling.

The result of this research shows the levels of fruit consumption of the teenagers in IPIEMS High School, as many as 56 teenagers (88,89%) are classified as severe deficit and 3 teenagers (4,76%) are classified as mild deficit. The levels of consuming vegetable at teenage in IPIEMS High School as many as 50 teenagers (79,36%) are classified as severe deficit and 10 teenagers (15,87%) are classified as mild deficit. As many as 4 teenagers (6,34%) undergo constipation and the other 59 teenagers (93,65%) don't.

The result of the research shows that there is no relation between consuming fruit at teenage in IPIEMS High School and also there is no relation of consuming vegetable with the number of constipation at teenage in IPIEMS High School.

In order not to undergo more severe constipation, the respondent is expected to pay more attention about the liquid and fiber intake and also the physical activity.

Keywords : *fruit consumption, vegetable consumption, constipation.*