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CORRELATION OF FOOD CONSUMPTION TO ANEMIA STATUS AMONG ELEMENTARY SCHOOL STUDENTS IN ENDEMIC AREA OF MALARIA

HUBUNGAN TINGKAT KONSUMSI ZAT GIZI DENGAN STATUS ANEMIA PADA ANAK SEKOLAH DASAR DI DAERAH ENDEMIS MALARIA (Studi di SDN Ngreco III Kecamatan Tegalombo Kabupaten Pacitan)

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Abstract

The prevalence of anemia in Indonesia is still high especially at the risk groups (woman at fertile age, pregnant woman, children under five years, and elementary school children). The aim of this research was to know correlation between level of nutrient consumption with anemia status of elementary school children in malaria endemic area.

This research was an analytic-observational study and according to the time, it was cross sectional study. Sixty two (62) samples were chosen by using simple random sampling from students of SDN Ngreco III who were in third up to sixth grade. The research was held in November 2005 until March 2006. Spearman correlation test was used to know the correlation between level of nutrient consumption with anemia status of elementary school children.

The research results showed that the average level of nutrient consumption of elementary school children at age 8 to 14 for energy were 51,18% RDA, protein 48,28% RDA, vitamin A 1395,1% RDA, vitamin B1 140,3% RDA, vitamin C 112,44% RDA, and iron 66,68% RDA. Hemoglobin level test showed that 30,65% students is suffered from anemia. Statistical analysis showed that there were correlation between vitamin A, vitamin B1, and iron consumption level with anemia status, but there were no correlation between energy, protein, and vitamin C consumption level with anemia status.

The research concluded that there were correlation between vitamin A, vitamin B1, and iron consumption level with anemia status of elementary school children in malaria endemic area. Therefore, repairing consumption of vitamin A, vitamin B1, iron, and other nutrient consumption is required, especially among them who lived in malaria endemic area.

Keyword : level, of, nutrient, consumption, anaemia, status, elementary, school, children, malaria, endemic, area

Daftar Pustaka :