

ABSTRAK

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Kurangnya konsumsi buah dan sayur menyebabkan seseorang mengalami kekurangan nutrisi seperti vitamin dan mineral. Buah dan sayur memiliki peran penting dalam membantu pertumbuhan dan perkembangan serta dapat mencegah berbagai penyakit di masa dewasa. Penelitian ini bertujuan untuk menganalisis hubungan pengetahuan gizi dan ketersediaan buah dan sayur dengan perilaku konsumsi buah dan sayur pada siswa SMP Daya Utama. Penelitian ini menggunakan desain *cross sectional*. Sampel penelitian ini sebanyak 112 siswa, dengan metode *consecutive sampling*. Variabel perilaku konsumsi buah dan sayur diukur menggunakan *Food Frequency Questionnaire*, sedangkan pengetahuan gizi dan ketersediaan buah dan sayur menggunakan kuesioner. Analisis data menggunakan *chi square test* dan regresi logistik. Hasil penelitian menunjukkan bahwa sebanyak 31,3% siswa SMP Daya Utama mengonsumsi buah dan sayur baik dan sebanyak 77% kurang baik. Analisis statistik menggunakan regresi logistik menunjukkan adanya hubungan antara pengetahuan gizi dengan perilaku konsumsi buah dan sayur ($p\text{-value} = 0,028$) dan analisis *chi square* menunjukkan tidak adanya hubungan antara ketersediaan buah dan sayur pada siswa SMP Daya Utama ($p\text{-value} = 0,906$).

Kata Kunci: Pengetahuan gizi, Ketersediaan Buah dan Sayur, Perilaku Konsumsi Buah dan sayur, Remaja

ABSTRACT

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Lack of consumption of fruits and vegetables causes a person to experience a lack of nutrients such as vitamins and minerals. Fruits and vegetables have an important role in helping growth and development and can prevent various diseases in adulthood. This study aims to analyze the relationship of nutritional knowledge and the availability of fruits and vegetables with fruit and vegetable consumption behavior in Daya Utama Middle School students. This type of research uses a cross sectional design. The sample of this research was 112 students, using consecutive sampling method. Fruit and vegetable consumption behavior variables were measured using the Food Frequency Questionnaire, while nutritional knowledge and fruit and vegetable availability used a questionnaire. Data analysis using chi square test and logistic regression test. The results showed that as many as 31, 3% of Daya Utama Middle School students consume good fruits and vegetables and 77% are not good. Statistical analysis using logistic regression test showed a relationship between nutritional knowledge with fruit and vegetable consumption behavior (p value = 0.028) and chi square analysis showed no relationship between fruit and vegetable availability in Daya Utama Middle School students (p value = 0.906).

Keywords: Nutrition knowledge, Availability of Fruits and Vegetables, Behavior of Consumption of Fruits and vegetables, Teenagers