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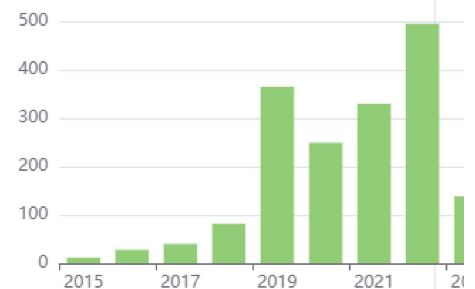
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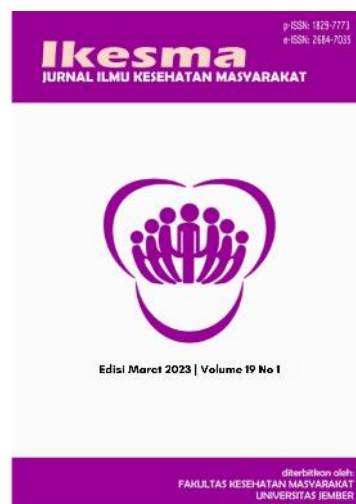
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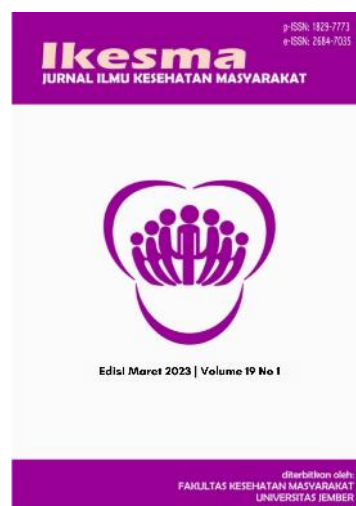
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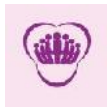
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PENGARUH PENAMBAHAN TEPUNG DAUN KELOR TERHADAP KADAR ZAT BESI, KALKSIUM, DAN DAYA TERIMA PADA DAWET

THE EFFECT OF ADDITIONAL MORINGA FLOUR ON IRON, CALCIUM, AND ACCEPTANCE LEVELS IN DAWET

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Abstract

Pregnant women have greater nutritional needs because pregnancy is a period of fetal growth and development. Fulfillment of macro and micronutrients is important for pregnant women, one of the fulfillment of micronutrients in pregnant women by modifying dawet by adding moringa flour to meet the needs of iron and calcium. This study aims to analyze the effect of the addition of moringa flour on iron, calcium and acceptability of dawet in the prevention of iron deficiency anemia in pregnant women. The type of research used by researchers is experimental research with Quasi Experimental Design with Posttest Only Control Group Design research design. The samples divided into 4, namely the addition of moringa flour to dawet at 0% (X0), 10% (X1), 15% (X2), and 20% (X3) and each of groups consist of three times of repetition. Iron content was analyzed by calcium atomic absorption spectrophotometry (AAS) using the permanganometry method and acceptance test using hedonic scale. Iron and calcium level obtained from the test results were analyzed by One-Way Anova test, while Friedman test and Wilcoxon Sign-Rank test for the results of acceptance test. The results showed that the addition of moringa flour increased the concentration of iron and calcium in the dawet and affected the acceptability of the taste ($p < 0.05$). The additional of 20 grams (X3) of moringa leaf powder has the highest iron and calcium content. The recommended Dawet is Dawet with the addition of 15% Moringa Leaf Powder (X2), as it is most preferred among panelists and meets the requirements of PMT and Nutritional Adequacy (AKG). A 15 gram cup of Dawet with 15% (X2) moringa leaf powder added contains 5.4 mg of iron and 332.88 mg of calcium. 3-5 cups a day is sufficient for the daily iron and calcium needs of pregnant women aged 19-49 years. Suggestions that Dawet Moringa can be used as an alternative healthy local drink for pregnant women

Keywords: Calcium, Dawet, Fe, Flour, Moringa

Abstrak

Ibu hamil memiliki kebutuhan gizi yang lebih besar karena kehamilan merupakan masa tumbuh kembang janin. Pemenuhan zat gizi makro dan mikro penting bagi ibu hamil, salah satu pemenuhan zat gizi mikro pada ibu hamil adalah memodifikasi dawet dengan ditambahkan tepung daun kelor untuk memenuhi asupan zat besi serta kalsium ibu hamil. Tujuan penelitian ini adalah mengetahui pengaruh penambahan tepung daun kelor terhadap kandungan kalsium, zat besi, dan daya terima pada dawet dalam pencegahan anemia defisiensi besi gizi besi pada ibu hamil. Jenis penelitian yang digunakan peneliti adalah penelitian eksperimen dengan Quasi Experimental Design dengan desain penelitian Posttest Only Control Group Design. Penelitian ini menggunakan 4 kelompok perlakuan yaitu kelompok kontrol (X0), penambahan tepung daun kelor sebesar 10% (X1), 15% (X2), dan 20% (X3). Kadar besi dianalisis dengan spektrofotometri serapan atom kalsium (AAS) menggunakan metode permanganometri dan uji penerimaan menggunakan skala hedonik. Data besi dan kalsium diperoleh dari





PERSEPSI *BODY IMAGE* DAN STATUS GIZI PADA REMAJA

BODY IMAGE PERCEPTION AND NUTRITIONAL STATUS ON ADOLESCENTS

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Abstract

The nutritional status of adolescents can be influenced by various factors, one of which is body image. Body image can occur because of the perception that tends to assume that the size of their body is larger than their actual size. This study aims to analyze the relationship between perception of body image and nutritional status of adolescents aged 14-18 years. This research was carried out at MAS Amaliyah Medan in 2021 with a research design using a cross-sectional study. The population is all high school students, totaling 425 people. The sampling technique used was proportionate stratified random sampling with a total sample of 90 respondents. The sample criteria are students aged 14-18 years per August and September, students from grades I, II and III, and students who are not absent during the study. Body image perception was measured using a BSQ questionnaire, while nutritional status was measured using a digital scale and microtoise which was then calculated using the BMI formula. Data analysis was carried out univariately to present the variable characteristics of body image and nutritional status, bivariate to see the relationship between body image and nutritional status using the Chi-Square test. The results showed that 75.6% of adolescents had positive body image perceptions and most of the nutritional status of adolescents was in the normal category of 38.9%. The test results obtained a P-value = 0.011 < 0.05, which means that there is a significant relationship between body image perception and the nutritional status of adolescents aged 14-18 years. It is concluded that body image can cause nutritional problems in adolescents. It is recommended for adolescents to pay more attention to their diet, change bad perceptions about their bodies and monitor their nutritional status.
Keyword: *Adolescents, body image, nutritional status, perception*

Abstrak

Status gizi remaja dapat dipengaruhi berbagai faktor, salah satunya adalah *body image*. *Body image* dapat terjadi karena persepsi yang cenderung menilai ukuran tubuhnya lebih besar dari ukuran sebenarnya. Penelitian ini bertujuan untuk menganalisis hubungan persepsi *body image* dengan status gizi remaja usia 14-18 tahun. Penelitian ini dilaksanakan di MAS Amaliyah Medan pada tahun 2021 dengan desain penelitian yang digunakan cross-sectional study. Populasinya adalah seluruh siswa/i SMA yang berjumlah 425 orang. Teknik pengambilan sampel yang digunakan adalah *proportionate stratified random sampling* dengan jumlah sampel sebanyak 90 responden. Kriteria sampel yaitu siswa/i yang berusia 14-18 tahun per bulan Agustus dan per bulan September, siswa/i dari tingkat kelas I, II dan III dan siswa/i yang tidak absen saat penelitian. Persepsi *body image* diukur menggunakan kuesioner BSQ sedangkan status gizi diukur menggunakan timbangan digital dan microtoise yang kemudian dihitung menggunakan rumus IMT. Analisis data dilakukan secara univariat untuk menyajikan karakteristik variabel *body image* dan status gizi, bivariat untuk melihat hubungan antara *body image* dan status gizi menggunakan uji *Chi-Square*. Hasil penelitian menunjukkan sebanyak 75,6% remaja memiliki persepsi *body image* positif dan sebagian besar status gizi remaja dalam kategori normal sebanyak 38,9%. Hasil uji diperoleh nilai P-value = 0,011 < 0,05 yang berarti terdapat hubungan yang signifikan antara persepsi *body image* dengan status gizi remaja usia 14-18 tahun. Disimpulkan bahwa

