Abstract

SUMI ARROFI. Study of Animal Food Consumption and Time Puberty of Female Elementary School Students in Bogor. Under the guidance of ALI KHOMSAN.

Currently the consumption of animal food of Indonesia's population is still low, which only reached 6.6 kg/capita/year (Hanani 2009). Consumption of livestock products of Indonesians in 2008 (BPS 2010) was 4.8 kg/capita/year for meat, 17.42 kg/capita/year for eggs, and 0.28 kg/capita/year for milk. This study aims to determine the frequency of consumption of animal food among female elementary school students in the City of Bogor and its association to menarche time of puberty. The design used was cross-sectional study. The total sample consisted of 38 female students who were menstruating and 38 female students who have not been menstruating.

Most of the samples (84.21%) experienced first menstruation at age 9-11 years. The most common animal food consumption of menstruating students was milk with an average of 9.8 ± 7.0 times/week. Chicken and milk were often consumed by students of this group with a percentage of 97.4%. Whereas the most common animal food consumption of non-menstruating students was also milk with an average frequency of consumption 13.3 ± 8.4 times/week. Eggs were most often consumed by students of this group with the percentage of 100%.

There was a significant association between the frequency of milk consumption with the amount of pocket money of students who are menstruating (p=0.037). Demonstrated a significant association between knowledge of nutrition with a frequency of egg consumption (p=0.010) in students who have periods while students who have not menstruation showed no association between these variables. There was an apparent association between the FFQ sausage meat with the age at first menstruation (p=0.022). There was no significant association between age at first menstruation with nutritional status (height for age, p=0.788 and BMI for age, p=0.060) and consumption of nutrients (energy, p=0.993 and protein, p=0.889) and the rate of nutrient adequacy (energy, p=0.905 and protein, p=0.847). In the group of students who have menstrual periods there was no significant association between nutritional status with sufficient levels of nutrition (p>0.05).

Key words: consumption, animal food, adolescence, time of puberty, nutritional status