ABSTRACT

SITI MASTUROH. The Consumption Adequacy Level and Health Status in Relation to Nutritional Status of Female Adolescent Boarders at Two Modern Islamic Boarding Schools in Bogor. Under directions of RIZAL DAMANIK and TIURMA SINAGA.

The consumption adequacy level and health status affect the nutritional status. Meanwhile, little is known concerning to the consumption adequacy level, health and nutritional status of female adolescent boarders at Modern Islamic boarding schools which has a food service system. The aim of the study was to identify the consumption adequacy level and health status in relation to nutritional status of female adolescent boarders at two modern Islamic boarding schools in Bogor: knowing the process of a food service, energy and nutrients consumption; assessing energy and nutrients consumption adequacy level; determining nutritional and health status of female adolescent boarders; and revealing environmental condition of female adolescent boarders dormitory at Sahid and Ummul Quro Al-Islami modern Islamic boarding schools (PP Sahid and PP UQI).

The study was an observational type used cross sectional design held for two periods, on April 2011 (PP Sahid) and from September to October 2011 (PP UQI). The subjects were 68 at PP Sahid and 87 at PP UQI of female adolescent boarders chosen by simple random sampling with purposive site selection. The results showed that both boarding schools did not meet the required food serving standard. The average of energy and nutrients consumption of subjects was still below the recommended adequacy value, except for vitamin B₁ in the two groups of subjects (28.92 mg and 14.46 mg) and calcium in the subjects at PP Sahid (1018.35 mg). Most energy and nutrients consumption adequacy levels of the subjects were in the deficit category except for vitamin B₁ consumption adequacy level in the subjects at PP Sahid (54.4%). Most (69.1% and 79.3%) nutritional status (BMI for age) of both groups of subjects was in the normal nutritional status category. Most (97.1% and 88.5%) health status of both groups of subjects was unhealthy (sick). The dormitory environmental conditions on both the boarding school had not fully met the health requirements. The results showed that energy and calcium consumption adequacy levels were significantly correlated with nutritional status (BMI for age) of the subjects. Meanwhile, the consumption adequacy levels of protein, vitamin A, B₁ and C, phosphorus and iron were not significantly correlated with nutritional status (BMI for age) of the subjects. Besides, the health status was not significantly correlated with nutritional status (BMI for age) of the subjects.

Keywords: consumption adequacy level, nutritional status, health status, female adolescent boarders