

ABSTRACT

THE RELATIONSHIP OF KNOWLEDGE LEVEL ABOUT FIBROUS FOOD WITH PATTERN FIBROUS CONSUMPTION ON MEDICAL STUDENT 2008-2011 LAMPUNG UNIVERSITY

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According this study about fiber show that dietary fiber intake of Indonesian below 20 – 35 gram per day Study result show that Indonesian fiber intake is 10,5 gram per day, One of the factors that influence fiber intake in society is nutrition knowledge. The purpose of this study to know about the relationship between the level of knowlegde of fiber foods with fibrous food consumption patterns.

Cross-sectional study using 216 responen at the Faculty of Medicine, University of Lampung. Respondents were selected by proportional random sampling. The data collected include fibbrous food compsumption patterns, gender, residence and knowledge of the fiber. Fibrous food consumption pattern is obtained through a questionnare. Knowledge of the fiber was measured with a quetionnaire based on the ability of respondents to answer 10 questions about the fibers that expressed by a score of knowledge.

Average food consumption patterns in the respondents have a good knowledge. The number f respondents are 128 women and 88 men. There were 109 students has good pattern of fiber consumption (50,5%) 107 students have bad pattern of fiber consumption (49,5%). Most students have a good knowledge of 152 (70,8%) and the students who have a less knowledge are 63 (29,2%). There is a significant relationship between knowledge of fibers with fibrous food consumption patterns ($p=0,014$).

Dietary fiber intake in students have been good, and it has relation with fiber knowledge in students which are good category.

Key words: knowledge of the fiber, fibrous food consumption patterns, adults, gender.