Mispa Zuhrida

Gambaran Pengetahuan Gizi, Kebiasaan Sarapan, dan Status Gizi Siswa Di SDN Sawang Balak Kabupaten Tanggamus Tahun 2024

xii + 57 halaman 11 tabel, 4 gambar, 7 lampiran

ABSTRAK

Anak usia sekolah merupakan kelompok usia yang perlu mendapatkan perhatian dalam hal gizi dan kesehatan. Diusia ini, peserta didik sudah bisa menentukan pilihan makanan dan minuman yang mereka inginkan. Berdasarkan data Survei Kesehatan Indonesia (2023) prevalensi satus gizi anak usia 5-12 tahun menurut IMT/U di Indonesia yaitu gizi buruk 3,5%, gizi kurang 7,5%, gizi baik 69,4% gizi lebih 11,9% dan obesitas 7,8%. Sedangkan di Provinsi Lampung yaitu gizi lebih sebesar 12,3%, gizi buruk 3,8%, gizi kurang 6,8%, gizi baik 12,1% dan obesitas 9,6%.

Tujuan peneliti ini untuk mengetahui gambaran pengetahuan gizi, kebiasaan sarapan dan status gizi siswa di SDN Sawang Balak Kabupaten Tanggamus. Jenis penelitian ini yaitu penelitian deskriptif. Populasi penelitian ini adalah seluruh siswa kelas 5-6 dengan jumlah populasi 43 siswa. Sampel pada penelitian ini menggunakan seluruh populasi yaitu 42 siswa. Pengumpulan data status gizi di peroleh dengan pengukuran antropometri meliputi tinggi badan dan berat badan anak, data pengetahuan gizi yang diperoleh melalui kuesioner, data kebiasaan sarapan menggunakan *food record* selama 7 hari berturut-turut. Variabel penelitian ini adalah pengetahuan, kebiasaan sarapan, dan status gizi. Penelitian ini dilakukan di SDN Sawang Balak Kabupaten Tanggamus Tahun 2024.

Hasil penelitian menunjukan siswa memiliki tingkat pengetahuan tentang sarapan pagi dengan tingkat pengetahuan 47,6%, kebiasaan sarapan pagi dengan frekuensi tidak pernah sarapan 45,2% dan status gizi kurang 16,7%. Berdasarkan hasil penelitian tersebut, diharapkan pihak sekolah melakukan kerja sama dengan puskesmas agar melakukan edukasi kepada siswa dan orang tua siswa dengan pentingnya sarapan pagi dan melakukan pemantauan status gizi secara berkala. Pihak sekolah juga dapat melakukan kegiatan sarapan pagi bersama di sekolah.

Mispa Zuhrida

Overview of Knowledge Nutrition, Breakfast Habits and Nutritional Status of Students at Sawang Balak Elementary School, Tanggamus Regency in 2024

xii + 57 pages + 11 tabel, 4 pictures, 7 attachments

ABSTRACT

School-aged children are an age group that needs attention in terms of nutrition and health. At this age, students can already determine the food and drink choices they want. Based on data from the Indonesian Health Survey (2023), the prevalence of nutritional status for children aged 5-12 years according to BMI/U in Indonesia is severely thinness 3.5%, thinness 7, 5%, normal 69.4%, overweigth 11.9% and obese 7.8%. Meanwhile in Lampung Province, overweigth 12.3%, severely thinness 3.8%, thinness 6.8%, normal 12.1% and obese 9.6%.

The aim of this researcher is to determine the description of knowledge, breakfast habits and nutritional status of students at SDN Sawang Balak, Tanggamus Regency. This type of research is descriptive research. The population of this study were all students in grades 5-6 with a population of 43 students. The sample in this study used the entire population, namely 42 students. Data collection on nutritional status was obtained by anthropometric measurements including the child's height and weight, knowledge data obtained through questionnaires, data on breakfast habits using a food record for 7 consecutive days. The variables in this study were knowledge, breakfast habits, and nutritional status. This research was conducted at Sawang Balak Elementary School, Tanggamus Regency in 2024.

The results of the research show that students have a level of knowledge about breakfast with a knowledge level of 47.6%, a breakfast habit with a frequency of never having breakfast of 45.2% and thinneness of 16.7%. Based on the results of this research, it is hoped that the school will collaborate with Community health centers should educate students and parents about the importance of breakfast and regularly monitor nutritional status. Schools can also carry out breakfast activities together at school.

Keywords : nutritional status, breakfest, knowledge
Reference : 42 (2005-2023)