

**POLITEKNIK KESEHATAN TANJUNGPUR**  
**JURUSAN GIZI**  
**Tugas Akhir, Juni 2023**

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Gambaran Jenis Makanan Jajanan, Perilaku Pemilihan Makanan Dan Status Gizi  
Siswa SDN 1 Metro Pusat Kota Metro Tahun 2023

xii + 94 halaman + 9 tabel, 2 gambar, 20 lampiran

**ABSTRAK**

Anak sekolah memiliki kebebasan memilih makanan yang ingin disantapnya, namun asupan makannya tetap perlu diperhatikan. Makanan jajanan biasanya disenangi anak sekolah. Menanggapi hal tersebut, hasil laporan nasional Riskesdas tahun 2018 status gizi anak usia 5-12 tahun berdasarkan pada IMT/U di Indonesia didapatkan prevalensi kategori gemuk sebesar 10,8% dan 9,2% kategori obesitas. Ketersediaan jajanan di lingkungan sekolah mempengaruhi perilaku jajan. Tujuan penelitian adalah mengetahui gambaran jenis jajanan, perilaku pemilihan makanan dan status gizi siswa di SDN 1 Metro Pusat.

Penelitian bersifat deskriptif dengan pendekatan kuantitatif dengan jumlah sampel sebanyak 66 siswa-siswi yang diambil menggunakan teknik *sampling stratified random sampling*. Variabel yang diteliti adalah jenis jajanan, perilaku pemilihan makanan jajanan dan status gizi. Instrumennya menggunakan formulir kuisioner, timbangan dan mikrotis. Pengolahannya dari memeriksa hasil data, pemberian kode dan skor data, kemudian diolah melalui aplikasi. Analisa data menggunakan analisis univariat dengan hasil distribusi frekuensi dan persentase dari tiap variabel.

Hasil penelitian menunjukkan sebagian besar jajanan di lingkungan SD Negeri 1 Metro Pusat terdiri dari cemilan berbahan dasar tepung-tepungan seperti cimol, cilung, milung dll yang mengandung nilai gizi energi di bawah standar (300 kkal/porsi). Hasil perilaku pemilihan jajanan menunjukkan 54,5% perilaku positif dan 45,5% perilaku negatif sedangkan pada jenis jajanan yang disukai 43,9% perilaku positif dan 56,1% perilaku negatif. Pada hasil status gizi sebanyak 62,1% memiliki kategori status gizi baik.

Kesimpulan dari penelitian bahwa kandungan gizi jajanan anak sekolah perlu ditingkatkan dan perlu edukasi mengenai jajanan sehat. Pemilihan jenis jajanan juga diperhatikan agar konsumsi anak sesuai kebutuhannya sehingga mampu mempertahankan dan meningkatkan status gizinya.

Kata kunci : anak, gizi, jajanan, perilaku  
Daftar Bacaan : 74 (2012-2022)

**TANJUNGPURUS HEALTH POLYTECHNIC  
DEPARTMENT OF NUTRITION  
Final Project, June 2023**

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Description Of Types Of Snack Foods, Food Selection Behavior, And Nutritional Status Of Students SDN 1 Central Metro, Metro City in 2023

xii + 94 pages + 9 tables, 2 pictures, 20 attachments

**ABSTRACT**

Schoolchildren have the freedom to choose the food they want to eat, but their food intake still needs to be considered. Snacks are usually liked by schoolchildren. In response to this, the results of the 2018 Riskesdas national report on the nutritional status of children aged 5–12 years based on BMI and age in Indonesia found a prevalence of 10.8% in the obese category and 9.2% in the obese category. The availability of snacks in the school environment influences snack behavior. The aim of the study was to describe the types of snacks, food selection behavior, and nutritional status of students at SDN 1 Metro Pusat.

The research is descriptive with a quantitative approach, with a total sample of 66 students who were taken using stratified random sampling techniques. The variables studied were types of snacks, behavior in choosing snacks, and nutritional status. The instrument uses a questionnaire form, scales, and microtomes. The processing involves checking the result data, coding and scoring the data, and then processing it through the application. Data analysis used univariate analysis with the results of the distribution of frequencies and proportions of each variable.

The results showed that most of the snacks in the Central Metro 1 Public Elementary School consisted of flour-based snacks such as cimol, cilung, milung, etc., which contained substandard energy and nutritional value (300 kcal per portion). The results of the behavior of selecting snacks showed 54.5% positive behavior and 45.5% negative behavior, while the type of snacks preferred 43.9% positive behavior and 56.1% negative behavior. On the results of nutritional status, as many as 62.1% have a category of good nutritional status.

The conclusion from the research is that the nutritional content of schoolchildren's snacks needs to be improved, and socialization about healthy snacks is needed. The selection of types of snacks is also considered so that children's consumption is according to their needs and that they are able to maintain and improve their nutritional status.

Keywords : children, nutrition, snacks, behavior

Reference : 74 (2012-2022)