

POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN GIZI
Tugas akhir, Juni 2023

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Gambaran Konsumsi Makanan Sumber Protein, Sayur, Buah dan Status Gizi Pada Anak Sekolah Kelas V di SDN Bumisari Natar Lampung Selatan Tahun 2024

xiv + 67 halaman + 13 tabel, 6 gambar, 6 lampiran

ABSTRAK

Asupan zat gizi sangat penting bagi tumbuh kembang anak sekolah dasar, terutama dalam proses metabolisme tubuh sehingga menghasilkan energi untuk beraktivitas. Hasil Riset Kesehatan Dasar (Riskesdas) tahun 2018, didapatkan bahwa status gizi anak usia 5-12 tahun menurut IMT/U di Indonesia yaitu prevalensi kurus adalah 9,2%. Prevalensi anak gemuk di Indonesia yaitu sebesar 20% yang terdiri dari gemuk 10,8% dan sangat gemuk (obesitas) 9,2%.

Penelitian ini bertujuan untuk mengetahui gambaran konsumsi sumber protein, buah, sayur dan status gizi pada siswa kelas V SDN Bumisari. Jenis penelitian yang akan dilakukan adalah penelitian deskriptif. Penelitian ini dilakukan di SDN Bumisari Natar Lampung Selatan. Populasi adalah seluruh siswa kelas V sebanyak 82 siswa dan sampel penelitian sebanyak 45 siswa dengan teknik *simple random sampling*. Analisis data yang digunakan analisis univariat untuk menjelaskan karakteristik setiap variabel yang diteliti. Cara pengumpulan data dengan tabel frekuensi meliputi konsumsi protein, sayur, buah, status gizi, dan ketersediaan sumber protein (hewani dan nabati), sayur dan buah.

Hasil penelitian diketahui bahwa status gizi dengan kategori gizi kurang (17%), gizi baik (71,1%), gizi lebih (4,4%), obesitas (6,7%). Konsumsi protein hewani kategori kurang (8,9%), cukup (35,6%), lebih (55,6%). Konsumsi protein nabati kategori kurang (57,8%), cukup (26,7%), kecukupan protein hewani sangat kurang (6,7%), kurang (6,7%), cukup (8,9%) dan lebih (77,8%), untuk proporsi sumber protein kategori baik (33,3%) dan tidak baik (66,7%). Konsumsi sayur kategori kurang (28,9%), cukup (71,1%), dan konsumsi buah kategori kurang (22,2%), cukup (77,8%). Ketersediaan sumber protein hewani (75,6%), protein nabati (77,8%), ketersediaan sayur (80,0%) dan buah (75,6%). Berdasarkan hasil penelitian maka saran yang diberikan adalah bagi sekolah diadakan penyuluhan tentang pentingnya konsumsi sumber protein serta gizi seimbang pada anak sekolah, bagi orangtua biasakan membuat bekal sesuai dengan isi piringku melakukan variasi makanan dan modifikasi untuk menambah ketertarikan anak.

Kata kunci : status gizi, protein, sayur, buah
Daftar bacaan : 53 (2011 – 2023)

TANJUNGPURBA HEALTH POLYTECHNIC
NUTRITION DEPARTMENT
Final assignment, June 2024

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Description of Consumption Food Sources of Protein Sources, Vegetables, Fruit and Nutritional Status in Class V School Children at SDN Bumisari Natar, South Lampung in 2024

xiv + 67 pages + 13 table, 6 figures, 6 attachments

ABSTRACT

Nutrient intake is very important for the growth and development of elementary school children, especially in school the body's metabolic processes so produce energy for activities. The results of the 2018 Basic Health Research (Riskesmas), found that the nutritional status of children aged 5-12 years according to BMI/U in Indonesia, namely the prevalence of thinness, was 9.2%. The prevalence of obese children in Indonesia is 20%, consisting of 10.8% obese and 9.2% very obese (obese).

This research aims to find out the description of the consumption of protein sources, fruit, vegetables and nutritional status in class V students at SDN Bumisari. The type of research that will be carried out is descriptive research. This research was conducted at SDN Bumisari Natar, South Lampung. The population was all 82 class V students and the research sample was 45 students using a simple random sampling technique. Data analysis used univariate analysis to explain the characteristics of each variable studied. The method of collecting data using a frequency table includes consumption of protein, vegetables, fruit, nutritional status, and availability of protein sources (animal and vegetable), vegetables and fruit.

The research results showed that nutritional status was in the categories of thinness (17%), normal (71.1%), overweight (4.4%), obese (6.7%). Consumption of animal protein was categorized as less (8.9%), sufficient (35.6%), more (55.6%). Vegetable protein consumption categories are less (57.8%), sufficient (26.7%), animal protein adequacy is very less (6.7%), less (6.7%), sufficient (8.9%) and more (77.8%), for the proportion of protein sources in the good (33.3%) and bad (66.7%) categories. Vegetable consumption was in the category of insufficient (28.9%), sufficient (71.1%), and fruit consumption in the category of insufficient (22.2%), sufficient (77.8%). Availability of animal protein sources (75.6%), vegetable protein (77.8%), availability of vegetables (80.0%) and fruit (75.6%). Based on the research results, the advice given is for schools to provide education about the importance of consuming protein sources and balanced nutrition for school children.

Key words : nutritional status, protein, vegetables, fruit

Reading list : 53 (2011 – 2023)