

POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN GIZI
Tugas Akhir, Mei 2025

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Gambaran Status Gizi, Asupan Cairan Dan Konsentrasi Belajar Anak Usia Sekolah Di SDN Muara Jaya 1 Kebun Tebu Lampung Barat 2025

xii + 65 halaman + 8 tabel, 3 gambar, 12 lampiran

ABSTRAK

Anak usia sekolah merupakan kelompok anak yang berada dalam rentang usia ketika mereka mulai menempuh pendidikan formal ditingkat sekolah dasar, usia 6 sampai 12 tahun. Pada tahap ini anak-anak mengalami perkembangan pesat dalam aspek fisik, kognitif, sosial dan emosional. Penelitian ini bertujuan untuk mengetahui gambaran status gizi, asupan cairan dan konsentrasi belajar pada anak usia sekolah di SDN Muara Jaya 1 Lampung Barat.

Penelitian ini menggunakan penelitian deskriptif Sampel dalam penelitian ini adalah seluruh siswa dan siswi kelas IV hingga VI di SDN Muara Jaya 1 Lampung Barat, yang berjumlah 30 orang. Penelitian ini dilaksanakan pada bulan April 2025. Pengumpulan data dilakukan melalui beberapa metode, yaitu pengukuran tinggi badan dan berat badan untuk menentukan status gizi, recall 1x24 jam untuk mengetahui asupan cairan, serta pengukuran konsentrasi belajar menggunakan test CGT (*Concentration Grid Test*).

Hasil penelitian ini menunjukkan karakteristik anak sekolah berdasarkan jenis kelamin, yaitu 56,7% laki-laki dan 43,3% perempuan. Berdasarkan usia, mayoritas berusia 10 tahun 36,7%, berdasarkan status gizi sebanyak 70% anak memiliki status gizi baik, 13,3% gizi kurang, dan 16,7% gizi lebih. Sementara itu, asupan cairan sebagian masih kurang, pada 90% anak, dan hanya 10% yang memiliki asupan cairan yang cukup. Tingkat konsentrasi juga tergolong rendah, dengan 53,3% anak memiliki konsentrasi kurang dan 33,3% sangat kurang. Kesimpulan siswa dan siswi di SDN Muara Jaya memiliki asupan cairan dan konsentrasi yang kurang. SDN Muara Jaya 1 diharapkan dapat membuat program untuk membentuk kebiasaan minum air seperti waktu minum bersama, menyediakan akses air minum, serta memberi edukasi sederhana dan orang tua diharapkan juga berperan dan memastikan anak terbiasa minum air putih serta menyiapkan anak untuk membawa botol minum ke sekolah.

Kata kunci : Status Gizi, Anak Sekolah , Asupan Cairan, Konsentrasi Belajar
Daftar bacaan : 43 (2013-2025)

**TANJUNGKARANG HEALTH
POLYTECHNIC NUTRITION DEPARTMENT
Thesis, May 2025**

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**Nutritional Status, Fluid Intake, and Learning Concentration of School-Age
Children at SDN Muara Jaya 1, Kebun Tebu, West Lampung, 2025**

xii + 65 pages + 8 tables, 3 images, 12 attachments

ABSTRACT

School-age children are a group of children within the age range of 6 to 12 years, which is the period when they begin formal education at the elementary school level. During this stage, children experience rapid development in physical, cognitive, social, and emotional aspects. This study aims to describe the nutritional status, fluid intake, and learning concentration of school-age children at SDN Muara Jaya 1, West Lampung.

This research employs a descriptive method. The sample consists of all students from grades IV to VI at SDN Muara Jaya 1, West Lampung, totaling 30 students. The study was conducted in April 2025. Data were collected using several methods, including measurements of height and weight to determine nutritional status, a 24-hour recall to assess fluid intake, and the Concentration Grid Test (CGT) to evaluate learning concentration.

The results of the study show the characteristics of school children based on gender: 56.7% were male and 43.3% female. In terms of age, the majority were 10 years old (36.7%). Regarding nutritional status, 70% of the children had a normal nutritional status, 13.3% were undernourished, and 16.7% were overnourished. Most of the students (90%) had inadequate fluid intake, and only 10% had sufficient intake. Concentration levels were also found to be low, with 53.3% of students having poor concentration and 33.3% having very poor concentration. In conclusion, the students at SDN Muara Jaya 1 tend to have inadequate fluid intake and low levels of learning concentration. It is recommended that the school implement programs to encourage regular water consumption, such as scheduled drinking times, providing accessible drinking water, and offering simple educational activities on the importance of hydration. Parents are also expected to play an active role by ensuring their children are accustomed to drinking water regularly and by preparing them to bring water bottles to school.

Keywords : Nutritional Status, School Children, Fluid Intake, Learning
Concentration

Reference : 43 (2013-2025)