

POLITEKNIK KESEHATAN TANJUNGPINRANG
JURUSAN GIZI

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Gambaran Status Gizi dan Kebiasaan Konsumsi Pangan Protein Hewani
di SD Negeri 55 Gedong Tataan Daerah Lokus Stunting di Kabupaten Pesawaran

xii + 48 halaman + 15 tabel + 2 gambar + 7 lampiran

ABSTRAK

Status gizi anak usia sekolah sangat penting karena berpengaruh terhadap pertumbuhan, kesehatan, dan prestasi belajar. Namun, masalah gizi kurang dan obesitas masih banyak dijumpai pada kelompok usia 6-12 tahun di Indonesia, dengan prevalensi *underweight* dan *wasting* masing-masing sebesar 15,9% serta *overweight* 4,2% menurut Survei Kesehatan Indonesia 2023. Salah satu faktor utama yang memengaruhi status gizi adalah konsumsi protein hewani. Data nasional menunjukkan konsumsi protein hewani anak sekolah masih rendah. Protein hewani sangat penting karena mengandung asam amino esensial yang lengkap dan berperan besar dalam mendukung pertumbuhan optimal, perkembangan otot, serta sistem kekebalan tubuh anak. Tujuan penelitian ini mengetahui gambaran status gizi dan kebiasaan pangan protein hewani pada siswa/i kelas 5 dan 6 di SD Negeri 55 Gedong Tataan.

Jenis penelitian ini menggunakan metode deskriptif. populasi penelitian ini berjumlah 100 siswa dan menggunakan teknik *stratified random sampling*. Pengumpulan data diolah dengan cara univariat menggunakan SQ-FFQ dengan cara wawancara dan pengukuran tinggi badan dan berat badan untuk mendapat data status gizi.

Berdasarkan hasil yang diperoleh, hasil status gizi di SD Negeri 55 Gedong Tataan lebih banyak kategori gizi kurang (44%). Berdasarkan kebiasaan konsumsi protein hewani dengan jenis konsumsi protein hewani lebih banyak dengan kategori tidak bervariasi (84%), jumlah konsumsi protein hewani lebih banyak dengan kategori kurang dari asupan (56%) dan frekuensi konsumsi protein hewani dengan kategori kadang-kadang 1-4/minggu (50%).

Kata kunci : Status gizi, protein hewani

Referensi : 37 (2012-2024)

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Description of Nutritional Status and Animal Protein Food Consumption Habits at
SDN 55 Gedong Tataan, the Stunting Locus in Pesawaran Regency

xii + 48 page + 15 table + 2 picture + 7 attachment

ABSTRAK

The nutritional status of school-age children is very important because it affects their growth, health, and academic achievement. However, malnutrition and obesity are still common in the 6-12 year age group in Indonesia, with a prevalence of underweight and wasting of 15.9% and overweight of 4.2% according to the 2023 Indonesian Health Survey. One of the main factors that affects nutritional status is animal protein consumption. National data shows that animal protein consumption by school children is still low. Animal protein is very important because it contains complete essential amino acids and plays a major role in supporting optimal growth, muscle development, and the child's immune system. The purpose of this study was to determine the nutritional status and animal protein eating habits of grade 5 and 6 students at SDN 55 Gedong Tataan.

This type of research uses a descriptive method. The sample of this study amounted to 50 students and used a stratified random sampling technique. Data collection was processed univariately using SQ-FFQ by interviewing and measuring height and weight to obtain nutritional status data.

Based on the results obtained, the results of nutritional status in SDN 55 Gedong Tataan are more in the category of malnutrition (44%). Based on the habit of consuming animal protein with the type of animal protein consumption more with the category of not varying (84%), the amount of animal protein consumption is more with the category of less than intake (56%) and the frequency of animal protein consumption with the category of sometimes 1-4 / week (50%).

Keywords : nutritional status, animal protein

Reference : 37 (2012-2024)