

ABSTRAK

Yeni: Hubungan Pengetahuan Gizi Dan Pola Makan Dengan Statu Gizi Siswa SMK Negeri 1 Beringin. Skripsi. Fakultas Teknik Universitas Negeri Medan. 2022.

Tujuan penelitian ini untu: 1).Mengetahui karakteristik responden, 2).Menganalisis pengetahuan gizi siswa, 3).Menganalisis Pola makan siswa, 4).Menganalisis status gizi siswa, 5).Menganalisis hubungan pengetahuan gizi dengan status gizi siswa, 6). Menganalisis hubungan pola makan dengan status gizi siswa. 7). Menganalisis hubungan pengetahuan gizi dan pola makan dengan status gizi siswa. Lokasi penelitian di SMK Negeri 1 Beringin. Jenis penelitian ini deskriptif korelasional dengan pendekatan studi *cross-sectional*. Teknik pengambilan sampel menggunakan metode *total sampling*, dimana jumlah sampel sama dengan populasi yaitu 53 orang. Teknik pengumpulan data pengetahuan gizi dan pola makan menggunakan kuesioner, data status gizi menggunakan timbangan digital dan *microtoice*. Teknik analisis data menggunakan *uji rank-spearman* dan regresi linear berganda.

Hasil penelitian menunjukkan karakteristik responden perempuan sebesar 73,6%, pendidikan ibu dan ayah termasuk kategori SMA, pekerjaan ayah termasuk kategori petani/buruh sedangkan pekerjaan ibu termasuk kategori Ibu Rumah Tangga, pendapatan ayah dan ibu termasuk kategori pendapatan rendah (\leq Rp.1.500.000/bln), pada besar keluarga termasuk kategori besar keluarga kecil dengan rerata 4 orang, status tinggal siswa termasuk tinggal dengan orang tua. Pengetahuan gizi siswa termasuk kategori kurang (39,6%), pola makan siswa termasuk kategori baik (58,5%), status gizi siswa termasuk kategori gizi baik (47,2%). Hal ini menunjukkan antara 1).pengetahuan gizi dengan status gizi siswa, 2).pola makan dengan status gizi siswa, yang keduanya memiliki hubungan yang positif dan signifikan dengan *p-value* 0,000 ($p < 0,05$) pada uji *rank-spearman*. Berdasarkan persamaan regresi linear berganda menunjukkan bahwa hasil pada uji F dengan nilai F_{hitung} sebesar 22,987 dengan *p-value* 0,000. Nilai F_{tabel} 3,18 maka dapa dilihat hasil dari uji F bahwa $F_{hitung} > F_{tabel}$ ($22,987 > 3,18$) maka tolak H_0 dan terima H_a . Artinya terdapat hubungan yang positif dan signifikan antara pengetahuan gizi dan pola makan dengan status gizi siswa.



ABSTRACT

Yeni: *The Relationship between Knowledge of Nutrition and Diet with Nutritional Status of Students at SMK Negeri 1 Beringin*. Thesis. Faculty of Engineering, State University of Medan. 2022.

The purpose of this study is to: 1). To know the characteristics of the respondents, 2). to analyze the nutritional knowledge of students, 3). to analyze the eating patterns of students, 4). to analyze the nutritional status of students, 5). to analyze the relationship of nutritional knowledge with the nutritional status of students, 6). Analyzing the relationship between diet and nutritional status of students. 7). Analyzing the relationship between knowledge of nutrition and diet with the nutritional status of students. The research location is at SMK Negeri 1 Beringin. This type of research is descriptive correlational with a *cross-sectional*. The sampling technique used the *total sampling*, where the number of samples was the same as the population, namely 53 people. The technique of collecting data on nutrition knowledge and eating patterns uses a questionnaire, nutritional status data using digital scales and *microtoice*. data analysis technique used the *rank-spearman test* and multiple linear regression.

The results showed that the characteristics of female respondents were 73.6%, mother's and father's education was in the high school category, father's occupation was in the farmer/labor category, while the mother's occupation was in the housewife category, and father's and mother's income was in the low income category (\leq Rp. 1,500. 000/month), the family size is included in the category of large small family with an average of 4 people, the student's residence status includes living with parents. The nutritional knowledge of students is in the poor category (39.6%), students' eating patterns are in the good category (58.5%), the nutritional status of students is in the good nutrition category (47.2%). This shows between 1). knowledge of nutrition with nutritional status of students, 2). diet and nutritional status of students, both of which have a positive and significant relationship with *p-value* 0.000 ($p < 0.05$) in the *Spearman's rank*. Based on the multiple linear regression equation, it shows that the results of the F test with F_{count} of 22,987 with a *p-value* of 0.000. The value of F_{table} is 3.18, it can be seen from the results of the F test that $F_{\text{count}} > F_{\text{table}}$ ($22,987 > 3.18$) then reject H_0 and accept H_a . This means that there is a positive and significant relationship between knowledge of nutrition and eating patterns with the nutritional status of students.