

ABSTRAK

Salsabila. Hubungan Asupan Protein dan Pola Makan dengan Status Gizi Anak Sekolah Dasar Keluarga Nelayan di Desa Bagan Asahan Pekan, Kecamatan Tanjung Balai. Skripsi. Program Studi Gizi. Fakultas Teknik. Universitas Negeri Medan. 2024.

Anak usia sekolah mempunyai peranan yang sangat besar dalam menentukan masa depan bangsa namun kelompok ini merupakan salah satu kelompok rentan masalah gizi. Berdasarkan observasi yang dilakukan di desa Bagan Asahan Pekan, status gizi kurang pada anak sekolah dasar sebesar 11% dan diatas rata-rata nasional. Kebiasaan konsumsi protein hewani yang lebih mengandalkan hasil tangkapan membuat banyak orang tua lebih suka menggantinya dengan mie instan. Tujuan penelitian ini untuk : 1). Mengetahui karakteristik anak sekolah dasar, 2). Mengetahui asupan protein anak sekolah dasar, 3). Mengetahui pola makan anak sekolah dasar, 4). Mengetahui status gizi anak sekolah dasar, 5). Mengetahui hubungan asupan protein dengan status gizi anak sekolah dasar, 6). Mengetahui hubungan pola makan dengan status gizi anak sekolah dasar, 7). Mengetahui hubungan asupan protein dan pola makan dengan status gizi anak sekolah dasar.

Metode penelitian ini adalah kuantitatif observasional dengan pendekatan *cross sectional*. Pelaksanaan penelitian dilakukan di desa Bagan Asahan Pekan. Teknik pengambilan sampel dengan menggunakan *simple random sampling*, sampel sebanyak 73 orang. Teknik pengumpulan data asupan protein dan pola makan dengan menggunakan kuesioner *Semi Quantitative – Food Frequency Questionnaire* (SQ-FFQ) sedangkan status gizi dengan melakukan pengukuran berat badan dan tinggi badan. Teknik analisis data menggunakan uji *rank spearman* dan regresi linear berganda.

Hasil penelitian menunjukkan asupan protein siswa masuk dalam asupan baik sebanyak 31,5%. Pola makan yang terbentuk adalah pola makan *prudent* dan *western*. Status gizi siswa masuk status gizi baik sebesar 79,5%, namun masih terdapat status gizi kurang yaitu sebesar 19,2% yang masuk ke dalam masalah gizi akut. Hasil analisis uji *rank spearman* menunjukkan terdapat hubungan yang positif dan signifikan antara asupan protein, pola makan *prudent*, dan pola makan *western* dengan status gizi pada anak sekolah. Hasil analisis uji regresi linear berganda terdapat hubungan negatif dan signifikan antara asupan protein dan pola makan (*prudent* dan *western*) dengan status gizi anak sekolah. Artinya apabila asupan protein dan pola makan sama dengan nol, maka status gizi akan menurun. Nilai Adjusted R Square sebesar 0,639 menunjukkan asupan protein dan pola makan mampu menjelaskan status gizi sebesar 63,9%.

Kata kunci – asupan protein, *prudent*, *western*, status gizi, anak.

ABSTRACT

Salsabila. Relationship between Protein Intake and Diet and Nutritional Status of Elementary School Children from Fishermen's Families in Bagan Asahan Pekan Village, Tanjung Balai District. Thesis. Nutrition Study Program. Faculty of Engineering. Medan State University. 2024.

School-age children have a very big role in determining the future of the nation, but this group is one of the groups vulnerable to nutritional problems. Based on observations made in Bagan Asahan Pekan village, the malnutrition status of elementary school children is 11% and above the national average. The habit of consuming animal protein which relies more on catches means that many parents prefer to replace it with instant noodles. The aimed of this research were: 1). Knowing the characteristics of elementary school children, 2). Knowing the protein intake of elementary school children, 3). Knowing the eating patterns of elementary school children, 4). Knowing the nutritional status of elementary school children, 5). Knowing the relationship between protein intake and the nutritional status of elementary school children, 6). Knowing the relationship between eating patterns and the nutritional status of elementary school children, 7). To determine the relationship between protein intake and diet and the nutritional status of elementary school children.

This research method was quantitative observational with a cross sectional approach. The research was carried out in the Bagan Asahan Pekan village. The sampling technique used simple random sampling, a sample of 73 people. The data collection technique for protein intake and eating patterns used the Semi Quantitative - Food Frequency Questionnaire (SQ-FFQ) questionnaire, while nutritional status involved measuring body weight and height. The data analysis technique used the Spearman rank test and multiple linear regression.

The results showed that students' protein intake was within the good intake of 31,5%. This research established two eating patterns, namely Prudent and Western. The nutritional status of students was good nutritional status at 79.5%, but there was still malnutrition status, namely 19.2% which was considered an acute nutritional problem. The results of the Spearman rank test analysis showed that there was a positive and significant relationship between protein intake, wise eating patterns, and western eating patterns with nutritional status in school children. The results of the multiple linear regression test analysis showed a negative and significant relationship between protein intake and diet (prudent and western) and the nutritional status of school children. It was said to be negative because if protein intake and diet are equal to zero, then nutritional status will decrease. An adjusted value R Square of 0.639 showed that protein intake and diet are able to explain nutritional status by 63.9%.

Keywords – *protein intake, prudent, western, nutritional status, children.*