

ABSTRAK

Aldila Salsabila Adha: Hubungan Pengetahuan Pangan dan Gizi dengan Asupan Energi Sarapan pada Siswa SDN 023893 Binjai. Skripsi. Fakultas Teknik Universitas Negeri Medan. 2024

Sarapan adalah makanan yang dimakan pada pagi hari antara jam 06.00-09.00 pagi. Sarapan memberi kesempatan untuk mendapatkan makanan seimbang yang memenuhi 15-30 % kebutuhan energi harian sebelum memulai aktivitas. Sarapan merupakan aspek penting dalam memenuhi kebutuhan energi anak-anak di sekolah dan mempengaruhi kemampuan anak dalam belajar. Sarapan dapat meningkatkan konsentrasi belajar dan membantu siswa menerima pelajaran yang mereka butuhkan untuk mencapai akademis yang baik. Tujuan pada penelitian ini untuk mengetahui : (1) Karakteristik responden. (2) Pengetahuan pangan dan gizi pada siswa. (3) Asupan energi sarapan pada siswa (4) Hubungan antara pengetahuan pangan dan gizi dengan asupan energi sarapan pada siswa SDN 023893 Binjai.

Penelitian ini dilaksanakan di SDN 023893 Binjai dan dilaksanakan pada bulan Oktober-November 2023. Desain penelitian ini adalah penelitian kuantitatif dengan desain cross sectional. Populasi penelitian ini adalah siswa-siswi kelas 4-6 di SDN 023893 Binjai. Teknik pengambilan sampel pada penelitian menggunakan purposive sampling dengan total 62 responden. Teknik pengumpulan data menggunakan Kuesioner dan *Form Food Recall* Sarapan. Analisis data dilakukan secara bivariat. Analisis bivariat dilakukan dengan Uji *Rank Spearman*.

Hasil penelitian menunjukkan asupan energi sarapan termasuk kategori sangat kurang yaitu sebesar 75,8%. Sebanyak 53,2% siswa SDN 023893 Binjai memiliki pengetahuan pangan dan gizi kategori sedang dan 43,5% siswa SDN 023893 Binjai memiliki pengetahuan pangan dan gizi kategori kurang. Hasil uji korelasi *rank spearman* terdapat hubungan yang signifikan antara pengetahuan pangan dan gizi dengan asupan energi sarapan dengan *p-value* 0,013 dan nilai koefisien korelasi 0,314, artinya semakin tinggi pengetahuan pangan dan gizi siswa maka semakin baik asupan energi sarapan siswa.

Kata kunci : Pengetahuan, energi, sarapan, siswa, gizi

ABSTRACT

Aldila Salsabila Adha: Relationship of Food and Nutrition Knowledge with Breakfast Energy Intake in Students of SDN 023893 Binjai. Thesis. Faculty of Engineering, State University of Medan, 2024

Breakfast is an activity of eating and drinking that begins in the morning at 06.00-09.00 am, through breakfast activities can consume foods that contain balanced nutrition and meet 15 - 30% of daily energy which is done in the morning before activities. Breakfast is one of the factors that affect children's ability to learn at school and plays an important role in meeting children's energy needs at school, because it can increase concentration in learning and facilitate the absorption of lessons at school for good academic results. The aim of this research is to find out: (1) Characteristics of respondents. (2) Students' breakfast energy intake. (3) Food and nutrition knowledge among students. (4) The relationship between food and nutrition knowledge and breakfast energy intake among students at SDN 023893 Binjai.

The research was carried out at SDN 023893 Binjai and carried out in October-November 2023. The design of this research was quantitative research with a cross sectional design. The population of this study were students in grades 4-6 at SDN 023893 Binjai. The sampling technique in the research used purposive sampling with a total of 62 respondents. Data collection techniques used questionnaires and breakfast food recall forms. Data analysis was carried out bivariate. Bivariate analysis was carried out using the Spearman Rank Test.

The research results showed that breakfast energy intake was in the very low category, namely 75.8%. As many as 53.2% of students at SDN 023893 Binjai have moderate food and nutrition knowledge and 43.5% of students at SDN 023893 Binjai have poor food and nutrition knowledge. The results of the Spearman rank correlation test showed a significant relationship between food and nutrition knowledge and breakfast energy intake with a p-value of 0.013 and a correlation coefficient value of 0.314, meaning that the higher the student's knowledge of food and nutrition, the better the student's breakfast energy intake.

Keywords: Knowledge, energy, breakfast, students, nutrition