

ABSTRAK

Trisha Fayola : Hubungan Perilaku Pangan dan Gizi dengan Status Gizi Siswa SDN 101794 Patumbak I Kabupaten Deli Serdang (GENIUS). Skripsi. Prodi Gizi. Fakultas Teknik. Universitas Negeri Medan. 2024.

Pertumbuhan dan perkembangan yang terjadi pada anak sekolah membuat anak tersebut memerlukan asupan zat gizi yang sesuai dengan kebutuhan tubuhnya. Salah satu faktor yang mempengaruhi asupan zat gizi anak sekolah adalah perilaku pangan dan gizi pada anak tersebut. Penelitian ini bertujuan untuk mengetahui : 1) karakteristik responden, 2) perilaku pangan dan gizi siswa, 3) status gizi siswa, 4) hubungan pengetahuan pangan dan gizi dengan status gizi, 5) hubungan sikap pangan dan gizi dengan status gizi, 6) hubungan praktik pangan dan gizi dengan status gizi, 7) hubungan perilaku pangan dan gizi dengan status gizi.

Tempat penelitian ini dilakukan di SDN 101794 Patumbak I Deli Serdang. Waktu penelitian pada bulan September 2023 dan waktu pengolahan data Juni 2024. Populasi penelitian merupakan siswa kelas 4 – 6 SD dari sekolah SDN 101794 Patumbak I dengan total 158 siswa. Teknik pengambilan sampel menggunakan *purposive sampling* dengan total sampel sebanyak 109 siswa. Desain penelitian yang digunakan adalah *cross sectional*. Data karakteristik responden serta perilaku pangan dan gizi dikumpulkan dengan menggunakan kuesioner. Data status gizi siswa dikumpulkan dengan cara menimbang berat badan siswa menggunakan timbangan digital dan mengukur tinggi badan siswa menggunakan *microtoise*. Teknik analisis data menggunakan uji korelasi *Rank Spearman*.

Berdasarkan hasil penelitian ini, diketahui karakteristik responden, yaitu jumlah laki-laki dan perempuan hampir seimbang, sebagian besar berusia remaja, memiliki uang saku < Rp. 2.500, dengan pendidikan orang tua (ayah/ibu) SMA sederajat, dan pekerjaan orang tua (ayah/ibu) sebagian besar sebagai ibu rumah tangga. Perilaku pangan dan gizi siswa termasuk kategori sedang sebesar 52,3%. Pengetahuan pangan dan gizi siswa termasuk kategori sedang sebesar 53,2%. Sikap pangan dan gizi siswa termasuk kategori perlu dipertimbangkan dilakukan pendidikan gizi sebesar 64,2%. Praktik pangan dan gizi siswa termasuk kategori perlu dipertimbangkan dilakukan pendidikan gizi sebesar 57,8%. Hasil analisis uji korelasi *Rank Spearman* tidak terdapat hubungan antara pengetahuan pangan dan gizi dengan status gizi. Hasil analisis uji korelasi *Rank Spearman* tidak terdapat hubungan antara sikap pangan dan gizi dengan status gizi. Hasil analisis uji korelasi *Rank Spearman* tidak terdapat hubungan antara praktik pangan dan gizi dengan status gizi. Kesimpulan bahwa tidak ada hubungan antara perilaku pangan dan gizi dengan status gizi pada siswa kelas 4 – 6 SD sekolah SDN 101794 Patumbak I Deli Serdang.

Kata kunci : anak sekolah, perilaku pangan dan gizi, status gizi

ABSTRACT

Trisha Fayola : *The Relationship between Food and Nutrition Behavior and the Nutritional Status of Students at SDN 101794 Patumbak I Deli Serdang Regency (GENIUS)*. Thesis. Nutrition Study Program. Faculty of Engineering. State University of Medan. 2024.

The growth and development that occurs in school children requires nutritional intake that is in accordance with the body's needs. One of the factors that influences the nutritional intake of school children is the food and nutrition behavior of the child. This study aims to determine: 1) characteristics of respondents, 2) food and nutrition behavior of students, 3) nutritional status of students, 4) the relationship between food and nutrition knowledge and nutritional status, 5) the relationship between food and nutrition attitudes and nutritional status, 6) the relationship between food and nutrition practices and nutritional status, 7) the relationship between food and nutrition behavior and nutritional status.

This research was conducted at SDN 101794 Patumbak I Deli Serdang. The research time was in September 2023 and the data processing time was June 2024. The study population was grade 4-6 elementary school students from SDN 101794 Patumbak I with a total of 158 students. The sampling technique used purposive sampling with a sample size of 109 students. The research design used was cross-sectional. Data on respondent characteristics and food and nutrition behavior were collected using a questionnaire. Student nutritional status data was collected by weighing students using digital scales and measuring students' height using microtoise. The data analysis technique used the Rank Spearman correlation test.

Based on the results of this research, the characteristics of the respondents are known, namely the number of men and women is almost equal, most are teenagers, have pocket money < Rp. 2,500, with parents' education (father/mother) equivalent to high school, and parents' (father/mother) occupation mostly as housewives. Students' food and nutrition behavior is included in the moderate category at 52.3%. Students' food and nutrition knowledge is in the medium category at 53.2%. Students' food and nutrition attitudes fall into the category where nutrition education needs to be considered at 64.2%. Students' food and nutrition practices fall into the category that needs to be considered for nutrition education at 57.8%. The results of Rank Spearman analysis showed there's no relationship between food and nutrition knowledge and nutritional status, there's no relationship between food and nutrition attitudes and nutritional status, and there's no relationship between food and nutritional practices and nutritional status. The conclusion is that there is no relationship between food and nutritional behavior and the nutritional status of students in grades 4 - 6 of elementary school at SDN 101794 Patumbak I Deli Serdang.

Keywords: school children, food and nutrition behavior, nutritional status