

ABSTRAK

Nadya Anggi Damayanti : Hubungan Asupan Energi Dengan Status Gizi Pada Anak sekolah Dasar Di SDN 101204 Kabupaten Tapanuli Selatan. Skripsi. Fakultas Teknik. Universitas Negeri Medan. 2025.

Masalah gizi pada anak sekolah dasar masih menjadi isu kesehatan penting di Indonesia, termasuk di Kabupaten Tapanuli Selatan. Ketidakseimbangan asupan energi berpotensi memengaruhi status gizi anak, baik mengarah pada gizi kurang maupun gizi lebih. Penelitian ini bertujuan untuk mengetahui hubungan antara asupan energi dengan status gizi pada siswa kelas V dan VI SDN 101204 Kabupaten Tapanuli Selatan.

Penelitian ini dilaksanakan di SDN 101204 Kabupaten tapanuli selatan pada Juni-Juli 2025. Penelitian ini menggunakan desain *cross sectional* dengan total sampel sebanyak 51 orang yang diambil secara *total sampling*. Pengumpulan data dilakukan melalui wawancara menggunakan kuesioner *Food Recall* 1x24 jam untuk asupan energi dan pengukuran antropometri (IMT/U) untuk status gizi. Penelitian ini menggunakan teknis analisis statistik *pearson*.

Hasil penelitian menunjukkan mayoritas responden memiliki asupan energi kategori kurang (41,2%) dan status gizi normal (70,59%). Hasil analisis menggunakan uji korelasi *Pearson* menunjukkan terdapat hubungan yang positif dan signifikan antara asupan energi dengan status gizi anak ($\rho = 0,586$; $p = 0,000$). Semakin tinggi asupan energi, maka semakin baik status gizi anak. Kesimpulannya, asupan energi berpengaruh signifikan terhadap status gizi siswa SDN 101204 Kabupaten Tapanuli Selatan. Diharapkan hasil penelitian ini dapat menjadi acuan bagi orang tua, guru, dan tenaga kesehatan dalam upaya perbaikan pola makan anak untuk mencegah masalah gizi.

Kata Kunci : Anak Sekolah Dasar, Asupan Energi, IMT/U, Status Gizi



ABSTRACT

Nadya Anggi Damayanti : The Relationship Between Energy Intake and Nutritional Status in Elementary School Children at SDN 101204 South Tapanuli Regency. Thesis. Faculty of Engineering. State University of Medan. 2025.

Nutritional problems among elementary school children remain an important public health issue in Indonesia, including in South Tapanuli Regency. An imbalance in energy intake has the potential to affect children's nutritional status, leading to either undernutrition or overnutrition. This study aims to determine the relationship between energy intake and nutritional status among fifth- and sixth-grade students at SDN 101204, South Tapanuli Regency.

The study was conducted at SDN 101204, South Tapanuli Regency, in June–July 2025. It employed a cross-sectional design with a total sample of 51 students selected through total sampling. Data were collected through interviews using a 24-hour food recall questionnaire for energy intake and anthropometric measurements (BMI-for-age) for nutritional status. The data were analyzed using Pearson's correlation test.

The results showed that the majority of respondents had low energy intake (41.2%) and normal nutritional status (70.59%). Analysis using Pearson's correlation test indicated a positive and significant relationship between energy intake and children's nutritional status ($\rho = 0.586$; $p = 0.000$). The higher the energy intake, the better the nutritional status of the children. In conclusion, energy intake has a significant effect on the nutritional status of students at SDN 101204, South Tapanuli Regency. The findings of this study are expected to serve as a reference for parents, teachers, and health workers in improving children's dietary patterns to prevent nutritional problems.

Keywords : *Elementary School Children, Energy Intake, BMI-For-Age, Nutritional Status*

