ABSTRAK

Dinda Alfirahma Lumban Tobing, Nim.3213322016. Strategi Sekolah Dalam Membentuk Kebiasaan Makan Sehat Di SMK Negeri 8 Medan. Skripsi. Program Studi Pendidikan Antropologi, Fakultas Ilmu Sosial, Universitas Negeri Medan.

Penelitian ini bertujuan untuk menganalisis strategi yang digunakan pihak sekolah dalam membentuk kebiasaan makanan sehat di SMK Negeri 8 Medan, selain itu juga untuk mengetahui kendala yang dialami pihak kantin dalam mewujudkan kantin sehat di sekolah, dan untuk mengetahui alasan siswa lebih memilih makanan tidak sehat di kantin meskipun sudah mendapatkan edukasi tentang pangan sehat. Metode yang digunakan dalam penelitian ini adalah metode kualitatif dengan pendekatan deskriptif. Penelitian ini dilakukan di SMK Negeri 8 Medan, Kecamatan Medan Selayang, Kota Medan. Teknik pengumpulan data yang dilakukan yaitu obvservasi, wawancara dan dokumentasi. Hasil penelitian menunjukkan bahwa SMK Negeri 8 Medan telah menerapkan berbagai strategi dalam membentuk kebiasaan makanan sehat, seperti program sarapan sehat, pembatasan makanan instan, penyediaan menu nasi lengkap di kantin, edukasi gizi melalui materi pembelajaran pada jurusan kuliner, serta penyediaan fasilitas pendukung seperti dispenser air minum. Namun, implementasi strategi tersebut masih menghadapi berbagai hambatan, antara lain keterbatasan kontrol sekolah terhadap kantin yang dikelola pihak ketiga, kondisi sosial ekonomi siswa, rendahnya minat terhadap makanan sehat, serta keterbatasan pilihan menu sehat di kantin. Akibatnya, meskipun siswa telah memperoleh pengetahuan tentang pangan sehat, kebiasaan konsumsi sehari-hari mereka masih dipengaruhi oleh faktor selera, harga, kebiasaan, dan lingkungan sosial.

Kata Kunci: *Strategi Sekolah, Kebiasaan, Makanan Sehat.*

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ABSTRACT

Dinda Alfirahma Lumban Tobing, Student ID No. 3213322016. School Strategies in Forming Healthy Eating Habits at State Vocational High School 8 Medan. Thesis. Anthropology Education Study Program, Faculty of Social Sciences, State University of Medan.

This study aims to analyze the strategies used by the school to form healthy eating habits at State Vocational High School 8 Medan. It also aims to identify the obstacles faced by the canteen in establishing a healthy canteen, and to understand why students prefer unhealthy foods in the canteen despite having received education about healthy eating. The method used in this study was qualitative with a descriptive approach. This research was conducted at State Vocational High School 8 Medan, Medan Selayang District, Medan City. Data collection techniques used included observation, interviews, and documentation. The results show that State Vocational High School 8 Medan has implemented various strategies to form healthy eating habits, such as a healthy breakfast program, limiting instant foods, providing a complete rice menu in the canteen, nutrition education through learning materials in the culinary department, and providing supporting facilities such as drinking water dispensers. However, the implementation of this strategy still faces various obstacles, including limited school control over third-party canteens, students' socioeconomic status, low interest in healthy food, and limited healthy menu options in the canteen. Consequently, even though students have acquired knowledge about healthy food, their daily consumption habits are still influenced by factors such as taste, price, habits, and social environment.

Keywords: School Strategy, Habits, Healthy Food.

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