

ABSTRAK

Blessy Gratiella Habeahan. Nim 5173540004. Hubungan Konsumsi Pangan dan Kebiasaan Jajan dengan Status Gizi Pada Anak SD Kristen Pniel Namorambe-Deli Serdang. Skripsi. Program Studi Gizi. Pendidikan Kesejahteraan Keluarga. Fakultas Teknik. Universitas Negeri Medan. 2022.

Tujuan penelitian ini untuk mengetahui: 1) karakteristik responden yaitu umur, jenis kelamin, pendidikan ayah dan ibu, pekerjaan ayah dan ibu, besar keluarga, pendapatan keluarga, uang saku; 2) konsumsi pangan anak SD Kristen Pniel Namorambe-Deli Serdang; 3) Kebiasaan jajan anak SD Kristen Pniel Namorambe-Deli Serdang; 4) Status gizi anak SD Kristen Pniel Namorambe-Deli Serdang; 5) Hubungan konsumsi pangan dengan status gizi anak SD Kristen Pniel Namorambe-Deli Serdang; 6) Hubungan kebiasaan jajan dengan status gizi anak SD Kristen Pniel Namorambe-Deli Serdang. Teknik pengumpulan sampel dilakukan dengan *total sampling*, sehingga diperoleh jumlah sebanyak 57 orang anak SD Kristen Pniel Namorambe-Deli Serdang. Desain penelitian *cross-sectional*. Teknik pengumpulan data menggunakan kuesioner. Data konsumsi pangan menggunakan *recall 24 jam*, data kebiasaan jajan menggunakan FFQ dan data status gizi diambil dari pengukuran antropometri. Teknik analisis data menggunakan deskriptif uji korelasi *Rank Spearman*.

Berdasarkan hasil penelitian, konsumsi pangan dari anak SD Kristen Pniel adalah dibawah AKG dengan rerata energi 116.90 ± 310.78 , lemak $37.28.0 \pm 11.33$, karbohidrat 154.09 ± 45.85 . Berdasarkan hasil perhitungan angka kecukupan gizi menunjukkan bahwa energi yang dikonsumsi oleh responden sebesar 1166,90 kkal sedangkan didapatkan hasil dari persen AKG adalah 61.26 persen, protein 88.9 persen, lemak 58.7 persen, karbohidrat 25.2 persen. Terdapat hubungan konsumsi pangan dengan status gizi ($\rho=0.57$). Tidak terdapat hubungan kebiasaan jajan dengan status gizi ($\rho=0.06$). Terdapat hubungan yang positif dan signifikan konsumsi pangan dan kebiasaan jajan dengan status gizi dengan nilai *R-square* 0.415 ($p=0.000$)



ABSTRACT

Blessy Gratiella Habeahan. Nim 5173540004. Correlation between Food Consumption and Snacking Behaviour with Nutritional Status of Elementary School in Pniel Christian School Namorambe-Deli Serdang. Skripsi. Nutrition Major. Education of Family Welfare. Faculty of Engineering. Medan State University. 2022

The purpose of this study was to determine: 1) the characteristics of the respondents, namely age, gender, education of father and mother, occupation of father and mother, family size, family income, pocket money; 2) food consumption of the children of Pniel Namorambe-Deli Serdang Christian Elementary School; 3) Snacking habits of the children of Pniel Namorambe-Deli Serdang Christian Elementary School; 4) The nutritional status of the children of Pniel Namorambe-Deli Serdang Christian Elementary School; 5) The relationship between food consumption and nutritional status of children at Pniel Namorambe Christian Elementary School-Deli Serdang; 6) Relationship between snacking habits and nutritional status of children at Pniel Namorambe Christian Elementary School-Deli Serdang. The sampling technique was carried out by total sampling, so that a total of 57 children of Pniel Namorambe-Deli Serdang Christian Elementary School were obtained. Cross-sectional study design. Data collection techniques using a questionnaire. Food consumption data uses 24-hour recall, snack habits data uses FFQ and nutritional status data is taken from anthropometric measurements. The data analysis technique uses a descriptive *Rank Spearman* correlation test

Based on the results of the study, the food consumption of Pniel Christian Elementary School children is below the RDA with an average energy 116.90 ± 310.78 , fat $37.28.0 \pm 11.33$, carbohydrates 154.09 ± 45.85 . Based on the results of the calculation of the nutritional adequacy rate, it shows that the energy consumed by the respondents is 1166.90 kcal while the results obtained from the percentage of RDA is 61.26 percent, protein 88.9 percent, fat 58.7 percent, carbohydrates 25.2 percent. There is a relationship between food consumption and nutritional status ($\rho=0.57$). There is no relationship between eating habits and nutritional status ($\rho=0.06$). In snacking habits, all children often consume snacks but there is no relationship between snack habits and nutritional status in Pniel Christian Elementary School children. There is a positive and significant relationship between food consumption and snacking habits with nutritional status with an *R-square* value of 0.415 ($p=0.000$).