

ABSTRAK

Suherlina Br. Hutabarat. NIM : 5173240022. Hubungan Kebiasaan Sarapan Pagi dan Kebiasaan Jajan Dengan Status Gizi Anak SD Negeri 026602 Kota Binjai. Skripsi. Program Studi Gizi. Jurusan Pendidikan Kesejahteraan Keluarga. Fakultas Teknik. Universitas Negeri Medan. 2022.

Tujuan penelitian ini untuk mengetahui : 1) gambaran karakteristik responden, 2) kebiasaan sarapan pagi anak SD, 3) kebiasaan jajan anak SD, 4) status gizi anak SD, 5) hubungan kebiasaan sarapan pagi dengan status gizi anak SD, 6) hubungan kebiasaan jajan dengan status gizi anak SD, 7) hubungan kebiasaan sarapan pagi dan kebiasaan jajan dengan status gizi anak SD. Teknik pengambilan sampel dilakukan secara total sampling sehingga jumlah sampel adalah 50 orang. Desain penelitian yaitu secara *cross sectional*. Teknik pengumpulan data menggunakan kuesioner dan FFQ. Data kebiasaan sarapan pagi, kebiasaan jajan dan status gizi menggunakan kuesioner. Teknik analisis data yang digunakan yaitu deskriptif data, uji korelasi Rank Spearman dan uji regresi linear berganda.

Berdasarkan hasil penelitian kebiasaan sarapan pagi termasuk kategori cukup sebesar 60 persen. Kebiasaan jajan termasuk kurang baik sebesar 50 persen. Status gizi anak SD termasuk status gizi normal sebesar 42 persen walaupun, masih banyak yang mengalami masalah status gizi yaitu sebanyak 30 persen anak kategori kurus, 24 persen gemuk (*overweight*) dan 4 persen dalam kategori obesitas. Berdasarkan hasil uji rank spearman Terdapat hubungan yang positif dan signifikan antara kebiasaan sarapan pagi dengan status gizi pada anak Sekolah dasar dengan nilai korelasi 0,492 dan nilai p-value 0,001. Berdasarkan hasil uji rank spearman terdapat hubungan yang positif dan signifikan antara kebiasaan jajan dengan status gizi pada anak sekolah dasar dengan nilai korelasi 0,415 dan nilai p-value 0,02. Hasil uji regresi linear berganda terdapat hubungan yang positif dan signifikan antara kebiasaan sarapan pagi dan kebiasaan jajan dengan status gizi pada anak sekolah dasar ($Y = 1,341 + 0,033x_1 + 0,017x_2$). Kesimpulannya terdapat hubungan yang positif dan signifikan antara kebiasaan sarapan pagi dan kebiasaan jajan dengan status gizi pada anak SD Negeri 026602 Kota Binjai.

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ABSTRACT

Suherlina Br. Hutabarat. NIM : 5173240022. The Relationship of Breakfast Habits and Snacking Habits with the Nutritional Status of Children at SD Negeri 026602 Binjai City. Skripsi. Nutrition Studies Major. Education of Family Welfare. Fakulty of Engineering. Medan State University. 2022.

The purpose of this research is to analyze : 1) responden characteristics, 2) elementary school children's breakfast habits, 3) Snacking habits of elementary school children, 4) nutritional status of elementary school children, 5) The relationship between breakfast habits and the nutritional status of elementary school children, 6) relationship between snacking habits and nutritional status of elementary school children, 7) The relationship between breakfast habits and snacking habits with the nutritional status of elementary school children. This research sampling technique was done by using total sampling approach with total 50 person. This research was used cross-sectional research design . The technique of collecting data on breakfast habits and snack habits was taken using a score interval obtained from a questionnaire and FFQ. Frequency of consumption of breakfast, snack menu and nutritional status were taken using the questionnaire. Data was analyzed using data description, correlation Rank Spearman test, and multiple linear regression test.

Based on the research results, breakfast habits are included in the sufficient category by 60 percent. Snacking habits are considered unfavorable by 50 percent. The nutritional status of elementary school children includes the normal nutritional status of 42 percent although, there are still many who experience nutritional status problems, namely 30 percent of children in the thin category, 24 percent fat (overweight) and 4 percent in the obese category. Based on the results of the Spearman rank test, there is a positive and significant relationship between breakfast habits and nutritional status in elementary school children with a correlation value 0,492 and p-value 0,001. Based on the results of the Spearman rank test, there is a positive and significant relationship between snacking habits and nutritional status in elementary school children with a correlation value 0.415 dan p-value 0,02. The results of multiple linear regression test showed a positive and significant relationship between breakfast habits and snacking habits with nutritional status in elementary school children ($Y = 1.341 + 0.033x_1 + 0.017x_2$). concluded that breakfast habits and snack habits have an effect on the nutritional status of children at SD Negeri 026602 Binjai City.