

ABSTRAK

Putri Nahdly Purba: Hubungan Perilaku Memilih Jajanan dan Pola Makan dengan Status Gizi pada Siswa SMK Negeri 3 Pematangsiantar. Skripsi. Fakultas Teknik. Universitas Negeri Medan. 2023.

Status gizi merupakan indikator keadaan tubuh. Gangguan status gizi diantaranya perilaku memilih jajanan dan pola makan. Tujuan penelitian ini, untuk mengetahui: 1) Karakteristik responden; 2) Perilaku siswa dalam memilih jajanan; 3) Pola makan siswa, 4) Status gizi siswa; 5) Hubungan perilaku memilih jajanan dengan status gizi siswa; 6) Hubungan pola makan dengan status gizi siswa; 7) Hubungan perilaku memilih jajanan dan pola makan dengan status gizi. Lokasi penelitian SMK Negeri 3 Pematangsiantar. Waktu penelitian September-Desember 2022. Teknik penentuan sampel secara total sampel, dengan demikian jumlah sampel 60 orang. Desain penelitian *cross sectional*. Teknik pengumpulan data menggunakan kuesioner. Teknik analisis data secara deskripsi data, uji *rank spearman* dan uji regresi linier berganda.

Berdasarkan hasil penelitian ini perilaku siswa memilih jajanan dan pola makan termasuk kategori kurang masing-masing sebesar 51,70 persen dan 51,70 persen. Status gizi siswa termasuk kategori status gizi kurang sebesar 43,30 persen. Hasil uji *rank spearman* terdapat hubungan yang positif dan signifikan antara perilaku memilih jajanan dengan status gizi, dengan nilai korelasi sebesar 0,50 dan nilai *p-value* (0,000). Artinya semakin baik perilaku memilih jajanan maka semakin baik status gizi siswa. Hasil uji *rank spearman* terdapat hubungan positif dan signifikan antara pola makan dengan status gizi dengan nilai korelasi sebesar 0,692 nilai *p-value* (0,000). Artinya semakin baik pola makan maka semakin baik status gizi siswa. Hasil analisis *regresi linier berganda* terdapat hubungan negatif dan signifikan antara perilaku memilih jajanan dan pola makan dengan status gizi siswa dengan nilai *p-value* sebesar (0,000) dan nilai $Y = -3,312 + 0,007X_1 + 0,045X_2$. Nilai konstanta (a) yang bertanda negatif, yaitu -3,312 artinya apabila perilaku memilih jajanan dan pola makan sama dengan nol (0) maka status gizi mengalami penurunan. Nilai koefisien regresi variabel perilaku memilih jajanan (X_1) yaitu sebesar 0,007 artinya perilaku memilih jajanan berhubungan positif dengan status gizi. Nilai koefisien regresi variabel pola makan (X_2) yaitu sebesar 0,045 artinya pola makan berhubungan positif dengan status gizi. Hasil penelitian menunjukkan perilaku memilih jajanan dan pola makan berhubungan dengan status gizi. Pola makan merupakan variabel yang paling dominan hubungannya dengan status gizi karena nilai koefisien regresinya 0,045; lebih besar daripada perilaku memilih jajanan (0,007). Kesimpulan terdapat hubungan antara perilaku memilih jajanan dan pola makan dengan status gizi Siswa SMK Negeri 3 Pematangsiantar.

ABSTRACT

Putri Nahdly Purba: Relationship between Snack Choice Behavior and Diet with Nutritional Status in Students of SMK Negeri 3 Pematangsiantar. Undergraduate Thesis. Faculty of Engineering. Medan State University. 2023.

Nutritional status is an indicator of body condition. Disorders of nutritional status include the behavior of choosing snacks and eating patterns. The purpose of this study was to determine: 1) Characteristics of respondents; 2) Student behavior in choosing snacks; 3) Students' eating patterns, 4) Students' nutritional status; 5) The relationship between snacking behavior and students' nutritional status; 6) The relationship between eating patterns and students' nutritional status; 7) The relationship between the behavior of choosing snacks and eating patterns with nutritional status. Research location SMK Negeri 3 Pematangsiantar. Research time September-December 2022. The sampling technique is a total sample, thus the number of samples is 60 people. Cross sectional research design. Data collection techniques using questionnaires. Data analysis techniques are data description, spearman rank test and multiple linear regression test.

Based on the results of this study, the behavior of students choosing snacks and eating patterns is included in the lower category by 51.70 percent and 51.70 percent respectively. The nutritional status of students is in the category of poor nutritional status by 43.30 percent. The results of the Spearman rank test showed a positive and significant relationship between the behavior of choosing snacks and nutritional status, with a correlation value of 0.50 and a p-value (0.000). This means that the better the behavior of choosing snacks, the better the nutritional status of students. Spearman rank test result show there is a positive and significant relationship between diet and nutritional status with a correlation value of 0.692 p-value (0.000). This means that the better the diet, the better the nutritional status of students. The results of multiple linear regression analysis there is a negative and significant relationship between the behavior of choosing snacks and diet with the nutritional status of students with a p-value of (0.000) and a value of $Y = -3.312 + 0.007X_1 + 0.045X_2$. The constant value (a) which is negative, namely -3.312 means that if the behavior of choosing snacks and eating patterns is equal to zero (0) then the nutritional status decreases. The regression coefficient value of the variable behavior of choosing snacks (X_1) is 0.007, meaning that the behavior of choosing snacks is positively related to nutritional status. The regression coefficient value of the dietary pattern variable (X_2) is 0.045, meaning that the dietary pattern is positively related to nutritional status. The results showed that the behavior of choosing snacks and eating patterns was related to nutritional status. Diet is the most dominant variable in relation to nutritional status because the regression coefficient value is 0.045; greater than the behavior of choosing snacks (0.007). The conclusion is that there is a relationship between the behavior of choosing snacks and diet with the nutritional status of students of SMK Negeri 3 Pematangsiantar.