ABSTRAK

Nadira Elfira, NIM 5133142024. Hubungan Pengetahuan Gizi Seimbang Dengan Pola Makan Siswa Kelas X SMK Swasta Imelda Medan. Prodi Pendidikan Tata Boga. Fakultas Teknik, Universitas Negeri Medan. 2020

Penelitian ini bertujuan untuk menganalisis : (1)Pengetahuan Gizi Seimbang Siswa; (2)Pola Makan Siswa; (3)Hubungan Pengetahuan Gizi Seimbang dengan Pola Makan Siswa. Desain Penelitian ini adalah Cross Sectional. Lokasi Penelitian ini dilaksanakan di SMK Swasta Imelda Medan.Waktu penelitian bulan Agustus-Desember 2020. Teknik pengambilan sampel menggunakan teknik Total Sampling. Sehingga sampel diperoleh sebanyak 30 siswa. Cara pengumpulan data menggunakan kuesioner. Data pola makan dikumpul menggunakan FFQ (Food Frequency Quesioner). Teknik Analisis data menggunakan deskriptif data, uji korelasi rank spearman.

Hasil penelitian menunjukkan yaitu bahwa karakteristik siswa berdasarkan umur rataan 15.03 dan Sd 0.41, jenis kelamin laki-laki sebanyak 30 persen dan perempuan sebanyak 70 persen, karakteristik keluarga yaitu besar keluarga rataan 4.53 orang dan Sd 1.33, pendidikan ayah rataan 9 tahun Sd 2.52, pendidikan ibu rataan 8 tahun Sd 3.12, pekerjaan ayah bervariasi yaitu karyawan swasta, wiraswasta, PNS, TNI, Pekerjaan ibu dikategorikan yaiu ibu rumah tangga, PNS, wiraswasta. Pendapatan keluarga Rp.1.500.000-3.500.000 dengan rataan 21.05 dan Sd 1.049. Pengetahuan gizi seimbang termasuk kategori sangat baik sebesar 43.30 persen. Polamakan siswa termasuk kategori baik sebesar 56,70 persen. Hasil analisis korelasi rank spearman terdapat hubungan yang signifikan antara pengetahuan gizi seimbang dengan pola makan dengan nilai $p = 0,000$ dengan taraf signifikan 0,05. Artinya semakin tinggi pengetahuan siswa tentang gizi seimbang maka semakin baik pola makan siswa.

ABSTRACT

Nadira Elfira, NIM 5133142024. *The Relationship between Knowledge Of Balanced Nutrition and The Eating Pattern Of Student Grade X SMK Swasta Imelda Medan.* **Family Walfare Education. Culinary Education Study Program. Faculty of Engineering, State University of Medan. 2020**

This research purposes on finding out; 1) students' balanced nutrition knowledge; 2) students' eating patern; 3) the correlation between balanced nutrion with students' eating patern. This research design is cross sectional. The location of this research was held at SMK Swasta Imelda Medan. The time for this research was Agust 2020. The sample collecting technique used in this research was Total Sampling. Thus the samples that were obtained were 30 students. Data collecting manner that was used was questionnaire. The eating pattern data was collected using FFQ (Food Frequency Questioner). The Analytical Technique that was used was descriptive data, rank test spearman.

The research result showed that characteristics based on the average age of the students around 15.03 and sd 0.41, males were 30 percents, and females were 70 percents, characteristics family which were big family consisted of average 4.53 people and sd 3.12, the employment for the fathers were varied; private employee, entrepreneur, civil servants, army. The employment for the mothers were varied; housewives, civil servants. The familys' income average was 1.500.000-3.500.000 sd 1.049. the knowlege of balanced nutrition counted as very good around 43.30 percents. The students' eating paterns counted as good around 56.70 percents. Based on the result of analytical correlation rank spearmen it was found a significant correlation between balanced nutrition knowledge with eating patern with a score p=0.000 with significant value 0.05. Which means close-knit.which means the higher the knowledge for balanced nutrition, then the higher the eating pattern for the student