

ABSTRAK

Desi Dita Della Simbolon : Hubungan Asupan Energi Dengan Status Gizi Anak Sekolah Di SD Angkasa 2 Lanud Medan Polonia.

Tujuan penelitian ini untuk mengetahui 1) karakteristik responden (pendapatan ayah, pekerjaan ayah, pendidikan ayah, pendidikan ayah, pekerjaan ibu, pendidikan ibu, pendapatan ibu), 2) asupan energi anak sekolah SD Angkasa 2 Lanud Medan, 3) status gizi anak sekolah SD Angkasa 2 Lanud Medan, dan 4) hubungan asupan energi dan zat gizi makro dengan status gizi anak sekolah. Lokasi penelitian SD Angkasa 2 Lanud Medan Polonia. Waktu penelitian Maret 2024. Populasi dalam penelitian ini adalah siswa-siswi SD Angkasa 2 Lanud, Medan Polonia kelas IV dan V berjumlah 45 orang. Teknik pengambilan sampel *total sampling* yang menggunakan seluruh populasi menjadi sampel penelitian yaitu sebanyak 45 siswa. Desain penelitian yang digunakan dalam penelitian ini adalah *cross sectional*. Teknik pengumpulan data dengan menggunakan kuesioner dari data karakteristik responden, data asupan energi, zat gizi makro, dan data status gizi. Teknik analisis data menggunakan deskripsi data dan uji korelasi *Rank Spearman*.

Berdasarkan hasil uji penelitian disimpulkan bahwa karakteristik responden yaitu pekerjaan ayah sebagai PNS/TNI/POLRI sebanyak 17 orang dan Wiraswasta sebanyak 28. Pekerjaan ibu sebagai PNS/TNI/POLRI sebanyak 3 orang, Wiraswasta sebanyak 7 orang, dan Ibu Rumah Tangga (IRT) sebanyak 35 orang. Pendidikan ayah SMP/SMA (6-12 Tahun) sebanyak 86,67 persen dan Akademi Perguruan Tinggi (>12 Tahun) sebanyak 13,33 persen. Pendidikan ibu yaitu SMP/SMA (6-12 Tahun) sebanyak 68,89 persen dan Akademi Perguruan Tinggi (>12 Tahun) sebanyak 31,11 persen. Penghasilan ayah dengan kategori rendah <Rp. 1.500.000 sebanyak 8,89 persen, menengah Rp. 1.500.00- Rp.3.000.000 sebanyak 46,67 persen, tinggi>Rp. 3.000.000 sebanyak 44,44 persen. Penghasilan ibu dengan kategori rendah <Rp. 1.500.000 sebanyak 22,22 persen, menengah Rp. 1.500.00- Rp. 3.000.000 sebanyak 17,78 persen, tinggi > Rp. 3.000.000 sebanyak 6,67 persen dan tidak berpenghasilan sebanyak 53,33 persen. Asupan energi anak SD Angkasa 2 Lanud Medan Polonia adalah sebesar 62,22 persen dengan kategori baik. Status gizi anak SD Angkasa 2 Lanud Medan Polonia gizi kurang sebanyak 71,11 persen. Hasil analisis uji *rank spearman* tidak terdapat hubungan yang positif dan signifikan antara asupan energi dengan status gizi pada anak SD Angkasa 2 Lanud Medan Polonia dengan nilai korelasi sebesar 0,094 ($p=0,094>0,05$).

Kata Kunci : *Asupan Energi dan Status Gizi*

ABSTRACT

Desi Dita Della Simbolon: *The Relationship between Energy Intake and the Nutritional Status of School Children at SD Angkasa 2 Lanud Medan Polonia.*

The aim of this study was to determine 1) the characteristics of respondents (father's income, father's occupation, father's education, mother's occupation, mother's education, mother's income), 2) energy intake of school children at SD Angkasa 2 Lanud Medan Polonia, 3) nutritional status of school children SD Angkasa 2 Lanud Medan Polonia, and 4) the relationship between energy and macronutrient intake and the nutritional status of school children. Research location of SD Angkasa 2 Lanud Medan Polonia. The time of the research is March 2024. The population in this research is 45 students from SD Angkasa 2 Lanud, Medan Polonia, grades IV and V. The total sampling technique uses the entire population as the research sample, namely 45 students. The research design used in this research is cross sectional. The data collection technique uses a questionnaire from respondent characteristics data, energy intake data, macronutrients and nutritional status data. The data analysis technique uses data description and the Spearman Rank correlation test.

Based on the results of the research test, it was concluded that the characteristics of the respondents were 17 fathers' occupations as civil servants/TNI/POLRI and 28 as entrepreneurs. 3 mothers' occupations as civil servants/TNI/POLRI, 7 entrepreneurs, and 7 housewives (IRT). 35 people. Father's education was from junior high school/high school (6-12 years) as much as 86.67 percent and higher education (>12 years) as much as 13.33 percent. The mother's education is junior high school/high school (6-12 years) as much as 68.89 percent and college (>12 years) as much as 31.11 percent. Father's income in the low category <Rp. 1,500,000 as much as 8.89 percent, medium Rp. 1,500.00- Rp. 3,000,000 as much as 46.67 percent, high >Rp. 3,000,000 as much as 44.44 percent. Mother's income in the low category is <Rp. 1,500,000 as much as 22.22 percent, medium Rp. 1,500.00- Rp. 3,000,000 as much as 17.78 percent, high > Rp. 3,000,000 as much as 6.67 percent and no income as much as 53.33 percent. The energy intake of children at SD Angkasa 2 Lanud Medan Polonia is 62.22 percent in the good category. The nutritional status of children at SD Angkasa 2 Lanud Medan Polonia is undernourished at 71, 11 percent. The results of the Spearman rank test analysis showed no positive and significant relationship between energy intake and nutritional status in children at Angkasa 2 Elementary School, Lanud Medan Polonia with a correlation value of 0.094 ($p=0.094>0.05$).

Keywords: *Energy Intake and Nutritional Status*