

## ABSTRAK

**Ester Estepanya Lumban Gaol: Hubungan Kebiasaan Sarapan dan Kepadatan Energi Sarapan terhadap Status Gizi Siswa Kelas IV, V, dan VI Sekolah Dasar 020276 Kota Binjai dalam Program GENIUS. Skripsi. Program Studi Gizi. Fakultas Teknik, Universitas Negeri Medan 2025.**

Status gizi merupakan salah satu aspek dalam upaya mencapai derajat kesehatan yang optimal. Anak usia sekolah merupakan golongan yang rentan terkena malnutrisi. Permasalahan status gizi (IMT/U) anak Indonesia untuk usia 5-12 tahun didapatkan anak gizi kurang (*severely thinnes* dan *thinnes*) dengan prevalensi 11% dan anak gizi lebih pada *overweight* 11,9% dan *obesse* 7,8%. Berbagai penyebab yang dapat mempengaruhi status gizi diantaranya asupan makanan dan status infeksi. Anak yang seringkali melewatkan waktu sarapan dirumah sehingga mengonsumsi makanan tinggi gula dan lemak saat jam sarapan. Penelitian ini bertujuan untuk mengetahui bagaimana hubungan kebiasaan sarapan dan densitas energi sarapan terhadap status gizi anak kelas IV, V dan VI di SD Negeri 020276 Binjai Timur, Kota Binjai. Penelitian dilakukan pada bulan Agustus 2024. Jenis penelitian ini adalah penelitian kuantitatif dengan *design* penelitian *cross sectional*. Pengambilan sampel menggunakan teknik *total sampling*. Analisis bivariat menggunakan korelasi *pearson product moment* dan korelasi *rank spearman*. Analisis multivariat menggunakan regresi linear berganda. Hasil analisis menunjukkan terdapat hubungan yang positif dan signifikan dengan tingkat korelasi rendah antara kebiasaan sarapan dengan status gizi ( $\rho=0,016$ ,  $r=0,342$ ). Hasil analisis menunjukkan terdapat hubungan yang positif dan signifikan dengan tingkat korelasi sedang antara densitas energi sarapan sarapan dan status gizi ( $\rho=0,016$ ,  $r=0,539$ ). Hasil analisis multivariat didapatkan Nilai  $\rho$  value sebesar 0,000 ( $\rho<0,005$ ) yang menunjukkan terdapat hubungan secara stimulan kebiasaan sarapan dan densitas energi sarapan terhadap status gizi. Diperoleh regresi  $Y = -4,791 + 0,922X_1 + 0,077X_2$  dengan nilai *adjusted R square* sebesar 49.0%. Nilai  $\rho$  value sebesar 0,000 ( $\rho<0,005$ ) yang menunjukkan terdapat hubungan secara stimulan kebiasaan sarapan dan densitas energi sarapan terhadap status gizi siswa SDN 020276 Binjai Timur.

Kata kunci : densitas energi, kebiasaan sarapan, status gizi

## **ABSTRACK**

**Ester Estepanya Lumban Gaol: *The Relationship between Breakfast Habits and Breakfast Energy Density to the Nutritional Status of Grade IV, V, and VI Students at SDN 020276 Binjai City in the GENIUS Program. Thesis. Nutrition Study Program. Faculty of Engineering, State University of Medan 2025.***

*Nutritional status is one aspect of efforts to achieve optimal health. School-age children are a group that is vulnerable to malnutrition. The results of the Indonesian Health Survey (SKI) showed that the nutritional status (BMI/U) of Indonesian children aged 5-12 years was obtained by underweight children (fragile and thin) with a prevalence of 11% and overweight children with overweight 11.9% and obesity 7.8%. Various causes that can affect nutritional status include food intake and infection status. Children often miss breakfast at home so they consume foods high in sugar and fat, such as breakfast jam. This study aims to determine the relationship between breakfast habits and breakfast energy density to the nutritional status of children in grades IV, V, and VI at SD Negeri 020276 Binjai Timur, Binjai City. This type of research is quantitative research with a cross-sectional research design. Sampling used the total sampling technique. Bivariate analysis used Pearson product-moment correlation and Spearman rank correlation. Multivariate analysis used multiple linear regression. The results of the analysis showed that there was a positive and significant relationship with a low correlation level between breakfast habits and nutritional status ( $\rho = 0.016$ ,  $r = 0.342$ ). The results of the analysis showed that there was a positive and significant relationship with a correlation level between breakfast energy density and nutritional status ( $\rho = 0.016$ ,  $r = 0.539$ ). The results of the multivariate analysis obtained a  $\rho$  value of 0.000 ( $\rho < 0.005$ ) which indicates that there is a stimulant relationship between breakfast habits and breakfast energy density to nutritional status. Regression  $Y = -4.791 + 0.922X_1 + 0.077X_2$  was obtained with a customized R square value of 49.0%. The  $\rho$  value was 0.000 ( $\rho < 0.005$ ) which indicates that there is a stimulant relationship between breakfast habits and breakfast energy density to nutritional status of students at SDN 020276 Binjai Timur.*

*Keywords: energy density, breakfast habits, nutritional status*

