

ABSTRAK

Calista Dinda Cahya Ardafi

HUBUNGAN KECUKUPAN ENERGI BEKAL MAKANAN DAN ASUPAN ENERGI HARIAN DENGAN STATUS GIZI ANAK SEKOLAH DASAR DI MIN 1 KOTA SURABAYA

1x + 75 Pages + 32 Tabel + 11 Lampiran

Masa usia sekolah adalah periode krusial untuk menjamin kecukupan gizi agar proses tumbuh kembang anak berlangsung secara optimal. Kekurangan asupan gizi pada anak usia sekolah dasar dapat berdampak negative seperti penurunan kemampuan berpikir, konsentrasi belajar, pertumbuhan tubuh, hingga aktivitas fisik. Anak sekolah dasar banyak menghabiskan waktu di sekolah, sehingga bekal makanan dari rumah harus memenuhi syarat jumlah dan variasi agar kebutuhan energi harian tercukupi.

Pendekatan yang digunakan dalam penelitian ini bersifat kuantitatif *cross sectional* dengan metode *observasional analitik* yang melibatkan 89 responden siswa kelas 1-6 SD di MIN 1 Kota Surabaya pada bulan September 2024-Februari 2025. Sampel pada penelitian ini dipilih secara *purposive sampling*. Data dalam penelitian ini dikumpulkan melalui wawancara dan kuesioner, penilaian asupan makanan dengan metode recall 2x24 jam, serta pengukuran status gizi berdasarkan Indeks Massa Tubuh menurut Umur (IMT/U). Analisis hubungan antar variabel yang digunakan adalah uji kolerasi *Spearman*.

Hasil penelitian menunjukkan bahwa asupan energi dan protein dalam bekal makanan siswa tidak ada keterkaitan yang signifikan dengan status gizi siswa kelas 1-6 SD di MIN 1 Kota Surabaya. Selain itu, penelitian ini menunjukkan bahwa sebanyak 15,7% siswa mengalami masalah gizi kurang dan 5,6% mengalami obesitas. Terdapat hubungan yang signifikan antara asupan energi harian (*p Value* 0,017) dan asupan karbohidrat harian (*p Value* 0,018) dengan status gizi pada anak sekolah dasar. Namun, tidak ada hubungan yang signifikan antara asupan protein harian (*p Value* 0,094) dan asupan lemak harian (*p Value* 0,231) dengan status gizi pada anak sekolah dasar. Sebaiknya sekolah perlu menekankan bekal gizi seimbang agar mencukupi kebutuhan energi anak saat makan di sekolah.

Kata kunci: Anak sekolah dasar, bekal makanan, status gizi, asupan energi

Daftar bacaan: 12 buku dan 58 jurnal ilmiah (2010-2024)

ABSTRACT

Calista Dinda Cahya Ardafi

THE RELATIONSHIP BETWEEN ENERGY ADEQUACY IN PACKED MEALS AND DAILY ENERGY INTAKE TO THE NUTRITIONAL STATUS OF ELEMENTARY SCHOOL STUDENTS AT MIN 1 SURABAYA CITY

1x + 75 Pages + 32 Tables + 11 Appendices

The school age period is a vital time to ensure children receive sufficient nutrition to promote healthy growth and development. Inadequate nutrition among primary school children may result in issues such as lower learning capacity, difficulty concentrating, stunted physical growth, and reduced physical performance. Elementary school children spend a significant portion of their time at school, so packed meals from home must meet quantity and variety requirements in order to provide enough energy for their daily activities.

This research employed a quantitative cross-sectional design with an analytic observational method, involving 89 students from grades 1–6 at MIN 1 Surabaya City conducted between September 2024–February 2025. Respondents were chosen through purposive sampling. Data collection methods included interviews and questionnaires, 2x24 hour food recall, and nutritional status assessment based on Body Mass Index for Age (BMI/A). Spearman's correlation test was employed to examine the associations between variables.

The findings of the study reveal that energy and protein intake from students packed meals had no significant correlation with the nutritional status of grades 1–6 students at MIN 1 Surabaya City. Additionally, the study found that 15.7% of students experienced undernutrition and 5.6% were obese. There existed a statistically significant link involving between daily energy intake (p Value = 0.017) and daily carbohydrate intake (p Value = 0.018) with the nutritional status of elementary school children. Despite this, there was no notable relationship involving daily protein intake (p Value = 0.094) and daily fat intake (p Value = 0.231) with the nutritional status of elementary school children. School play a vital role in encouraging balanced nutrition to help meet students energy requirements during the school hours.

Keyword: elementary school children, nutritional status, packed meals, energy intake

Reading List: 12 buku dan 58 scientific journals (2010-2024)