

## ABSTRAK

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HUBUNGAN TINGKAT ASUPAN ENERGI DAN PROTEIN DENGAN STATUS GIZI PADA ANAK SEKOLAH SDN GUNUNG RANCAK 1 KABUPATEN SAMPANG

1 x 92 Halaman + 13 Tabel + 7 Lampiran

Masalah gizi anak SD masih menjadi tantangan, terutama di Desa Gunung Rancak, Robatal, Sampang. Penelitian ini bertujuan menilai asupan energi dan protein, status gizi, serta hubungan keduanya di siswa SDN Gunung Rancak 1.

Penelitian analitik observasional cross-sectional ini melibatkan 52 siswa sesuai kriteria inklusi. Data diperoleh lewat Data dikumpulkan melalui wawancara food recall 2x24 jam dan antropometri, dianalisis dengan korelasi Spearman; hasil menunjukkan sebagian besar anak memiliki asupan energi normal. (46,2%) dan protein kategori normal (36,5%), namun masih ditemukan anak dengan asupan defisit energi dan protein. Status gizi terbanyak adalah kategori normal (38,5%), namun terdapat pula gizi buruk dan gizi kurang masing-masing 21,2%. Uji korelasi menunjukkan hubungan signifikan antara asupan energi ( $r=0,471$ ;  $p=0,000$ ) dan protein ( $r=0,718$ ;  $p=0,000$ ) dengan status gizi.

Kesimpulan penelitian ialah ada hubungan yang signifikan antara tingkat asupan energi dan protein dengan status gizi anak. Intervensi gizi dan edukasi kepada pengasuh sangat penting dilakukan guna mencegah gizi buruk dan meningkatkan status gizi anak.

**Kata kunci:** asupan energi, asupan protein, status gizi, anak sekolah dasar

Daftar bacaan: 12 buku (2010 – 2021)

## **ABSTRACT**

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**THE RELATIONSHIP BETWEEN ENERGY AND PROTEIN INTAKE LEVELS AND NUTRITIONAL STATUS OF SCHOOL CHILDREN AT ELEMENTARY SCHOOL GUNUNG RANCAK 1, SAMPANG REGENCY**

*1 x 92 Pages + 13 Tables + 7 Appendices*

*Nutritional issues among elementary school children remain a challenge, particularly in areas with limited economic resources and suboptimal parenting practices, such as Gunung Rancak Village, Robatal District, Sampang Regency. This study aimed to determine the levels of energy and protein intake, nutritional status, and the relationship between the two among students at Gunung Rancak 1 Elementary School.*

*This cross-sectional study involved 52 students. Data were gathered via 2×24-hour food recall interviews and anthropometric measurements, then analyzed with Spearman correlation. The results showed that most children had normal energy intake (46.2%) and normal protein intake (36.5%), but there were still children with energy and protein deficits. The majority of children were in the normal nutritional status category (38.5%), but there were also 21.2% of children with malnutrition and undernutrition. The correlation test results There is a significant relationship between energy intake ( $r=0.471$ ;  $p=0.000$ ) and protein intake ( $r=0.718$ ;  $p=0.000$ ) with nutritional status.*

*The study found a significant link between energy and protein intake and children's nutritional status. Nutritional interventions and education for caregivers are crucial to prevent malnutrition and improve children's nutritional status.*

**Keywords:** *energy intake, protein intake, nutritional status, elementary school children*

**References:** *12 books (2010–2021)*