

ABSTRAK

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HUBUNGAN KEBIASAAN SARAPAN, TINGKAT PENGETAHUAN GIZI
DENGAN STATUS GIZI PADA SISWA KELAS 5 SD ISLAM MARYAM
SURABAYA

1x + 81 Halaman + 15 Tabel + 12 Lampiran

Sarapan ialah komponen penting dari kebutuhan gizi anak sekolah dan dapat memengaruhi status gizi mereka. Kurangnya pengetahuan gizi dapat menyebabkan pola makan tidak seimbang, yang pada gilirannya dapat menyebabkan kekurangan atau kelebihan gizi. Penelitian ini menyelidiki hubungan dengan kebiasaan sarapan, pengetahuan gizi, dan status gizi siswa kelas lima di SD Islam Maryam Surabaya.

Teknik analisis observasional dan desain penelitian potong lintang dimanfaatkan pada penelitian ini. Proses seleksi menggunakan sampel acak dasar guna memilih total 53 siswa. Data dikumpulkan menggunakan kuesioner guna menilai kebiasaan sarapan dan pengetahuan gizi, serta penilaian antropometri guna menentukan status gizi responden. Uji korelasi spearman dimanfaatkan guna menganalisis antar variable pada penelitian ini.

Analisis statistik memperlihatkan korelasi yang signifikan antara kebiasaan sarapan dengan status gizi ($p < 0,05$). Lebih lanjut, ditemukan pula korelasi yang signifikan dengan pengetahuan gizi dengan kebiasaan sarapan ($p < 0,05$), serta hubungan yang signifikan pengetahuan gizi dengan status gizi siswa ($p < 0,05$). Kesimpulan hasil penelitian ini adalah ada hubungan antara kebiasaan sarapan dengan status gizi, ada hubungan antara pengetahuan gizi dengan kebiasaan sarapan dan terdapat hubungan antara pengetahuan gizi dengan status gizi.

Kata Kunci: Sarapan, Pengetahuan Gizi, Status Gizi, Siswa Sekolah Dasar

Daftar bacaan : 3 buku (2014-2019)

ABSTRACT

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THE RELATIONSHIP BETWEEN BREAKFAST HABITS, NUTRITIONAL KNOWLEDGE LEVEL, AND NUTRITIONAL STATUS AMONG 5TH-GRADE STUDENTS AT SD ISLAM MARYAM SURABAYA

1x + 81 Pages + 15 Tables + 12 Appendices

Breakfast may affect a child's nutritional condition and is a crucial part of their dietary requirements in elementary school. Nutritional excesses or deficits may result from imbalanced diets caused by a lack of nutritional awareness. This research examined the connection between fifth-grade students' nutritional status, breakfast behaviors, and nutritional knowledge at SD Islam Maryam Surabaya.

This research uses a cross-sectional design and an analytical observational technique. 53 pupils in all were chosen by simple random selection. Anthropometric measures were used to ascertain the nutritional state of the respondents, and a questionnaire was used to evaluate breakfast habits and nutritional awareness. The link between the variables in this research was examined using the Spearman rank correlation test.

A statistical study showed that breakfast behaviors and nutritional status were significantly correlated ($p < 0.05$). Additionally, there was a significant association between students' nutritional status ($p < 0.05$) and breakfast behaviors ($p < 0.05$) as well as between nutritional knowledge and breakfast habits. The conclusion of the results of this study is that there is a relationship between breakfast habits and nutritional status, there is a relationship between nutritional knowledge and breakfast habits, and there is a relationship between nutritional knowledge and nutritional status.

Keywords : Breakfast, Nutritional knowledge, Nutritional Status, Elementary School Students stat

References : 3 books (2014-2019)