

ABSTRAK

Mei Linda Triantika

HUBUNGAN KEBIASAAN SARAPAN DAN FREKUENSI JAJAN DI LINGKUNGAN SEKOLAH DENGAN STATUS GIZI PADA SISWA SMPN 1 GONDANG KABUPATEN BOJONEGORO TAHUN 2026

xvi + 94 Halaman + 17 Tabel + 12 Lampiran

Latar Belakang: Fase remaja ditandai dengan berbagai perubahan fisik yang intensif, sehingga kebutuhan terhadap zat gizi turut mengalami peningkatan. Pemenuhan nutrisi yang kurang baik, termasuk kebiasaan tidak mengonsumsi makanan pada pagi hari serta memilih jajanan di sekitar sekolah, berpotensi terhadap kondisi gizi peserta didik. **Tujuan:** Menganalisis perilaku makan pagi dan pola konsumsi makanan jajanan di lingkungan sekolah terhadap kondisi gizi siswa SMPN 1 Gondang, Kabupaten Bojonegoro, tahun 2026. **Metode:** Penelitian ini menggunakan metode observasional analitik dengan rancangan potong lintang (cross-sectional). Sebanyak 83 siswa ditetapkan sebagai responden melalui teknik proportional random sampling. Pengumpulan informasi mengenai pola sarapan dilakukan dengan kuesioner serta metode (SQ-FFQ), sementara data konsumsi jajanan diperoleh melalui (FFQ). Penentuan status gizi responden dilakukan pengukuran berat badan dan tinggi badan dengan indeks IMT/U. Data dianalisis melalui analisis univariat dan analisis bivariat menggunakan uji korelasi Spearman Rank. **Hasil:** Temuan studi merepresentasikan 56,6% siswa biasa sarapan dan 43,4% jarang sarapan. Frekuensi jajan siswa hampir seimbang, yaitu 50,6% sering jajan dan 49,4% jarang jajan. Status gizi terbanyak adalah obesitas sebesar 37,4%, diikuti gizi baik 31,3%, gizi lebih 24,1%, dan gizi kurang 7,2%. **Kesimpulan:** Kondisi gizi siswa menunjukkan hubungan yang nyata dengan rutinitas sarapan serta seberapa sering siswa membeli atau mengonsumsi jajanan. Sekolah perlu memperkuat edukasi gizi, pembiasaan sarapan, pengawasan kantin, dan pemilihan jajanan sehat. Upaya ini penting untuk mencegah masalah gizi sejak usia sekolah remaja.

Kata kunci: *kebiasaan sarapan, frekuensi jajan, status gizi, remaja.*

Daftar bacaan: 6 Buku dan 57 jurnal ilmiah (2012-2026)

ABSTRACT

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THE RELATIONSHIP BETWEEN BREAKFAST HABITS AND SNACKING FREQUENCY IN THE SCHOOL ENVIRONMENT WITH NUTRITIONAL STATUS AMONG STUDENTS OF SMPN 1 GONDANG, BOJONEGORO REGENCY 2026
xvi + 94 Pages + 17 Tables + 12 Appendices

Background: Adequate and balanced dietary intake is necessary throughout adolescence, a time of fast development. Students' nutritional health may be impacted by improper eating practices, such as missing breakfast and often snacking in the classroom. **Objective:** to examine the connection between students' nutritional condition at SMPN 1 Gondang, Bojonegoro Regency, in 2026 and their breakfast and snacking behaviours in the classroom. **Methods:** This research used a cross-sectional, observational analytical strategy. A sample of 83 students was chosen via proportionate random selection from the 482 students who made up the study population. A questionnaire and SQ-FFQ were used to get information on breakfast habits, while FFQ was used to gather information on snacking frequency. Anthropometric measurements of height and body weight were used to determine nutritional status, which was then categorised using the BMI-for-age indicator. The Spearman Rank test was used for both univariate and bivariate analysis of the data. **Results:** 56.6% of students regularly ate breakfast, compared to 43.4% who did so seldom, according to the findings. With 50.6% of students eating regularly and 49.4% munching infrequently, the frequency of snacking among students was about equal. Obesity was the most prevalent nutritional state (37.4%), followed by normal nutritional status (31.3%), overweight (24.1%), and undernutrition (7.2%). **Conclusion:** Breakfast habits and snacking frequency were significantly related to students' nutritional status. Schools need to strengthen nutrition education, breakfast habituation, canteen supervision, and healthy snack selection. These efforts are important to prevent nutritional problems from early adolescence.

Keywords: breakfast habits, snacking frequency, nutritional status, adolescents.

References: 6 books and 57 scientific journals (2012-2026)