

ABSTRAK

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HUBUNGAN KONSUMSI ENERGI, PROTEIN, LEMAK, DAN KARBOHIDRAT TERHADAP STATUS GIZI BERDASARKAN IMT/U DAN TB/U PADA SISWA SD ISTIQBAL SURABAYA

xix + 93 Halaman + 23 Tabel + 12 Lampiran

Kondisi nutrisi murid SD bisa digunakan sebagai cerminan kecukupan unsur nutrisi yang dibutuhkan guna menopang proses tumbuh serta kemajuan. Persoalan nutrisi pada kelompok berikut tak sekadar mencakup defisiensi nutrisi, tetapi juga surplus nutrisi. Kondisi tersebut berkaitan dengan pencukupan unsur makronutrisi, terutama energi, protein, lemak, dan karbohidrat. Riset berikut ditujukan menelaah relasi asupan kalori, protein, lipid, serta karbohidrat atas kondisi nutrisi murid SD Istiqbal Surabaya merujuk butir IMT/U serta TB/U.

Riset berikut memakai perspektif observasional analitik melalui desain lintas bagian serta mengikutsertakan 95 siswa selaku partisipan memakai mekanisme sampel menyeluruh. Kondisi nutrisi ditetapkan merujuk perolehan ukur antropometri yang ditelaah memakai WHO AnthroPlus, sementara informasi asupan makanan dihimpun lewat metode ingatan makan selama dua hari serta diproses memakai NutriSurvey. Penelaahan relasi antar komponen diselenggarakan melalui pemverifikasian Chi-Square pada tingkat kemaknaan $\alpha = 0,05$.

Temuan riset memperlihatkan bahwasanya mayoritas siswa berada dalam kategori defisit dengan asupan energi (69,5%), lemak (62,1%), dan karbohidrat (86,3%). Mereka juga memiliki asupan protein tertinggi (38,9%). Merujuk IMT/U, 36,8% siswa kurus, 31,6% normal, dan 31,6% lebih gizi. Merujuk TB/U, 47,4% siswa stunted, dan 52,6% normal. Tak ditemukan korelasi kuat antara asupan kalori serta karbohidrat atas IMT/U ataupun TB/U, tetapi ditemukan korelasi kuat antara asupan protein ($p=0,001$) serta lipid ($p=0,049$) atas kondisi nutrisi merujuk IMT/U serta TB/U ($p < 0,05$).

Kajian berikut memperoleh bahwasanya siswa SD Istiqbal Surabaya menunjukkan relasi kondisi nutrisi merujuk IMT/U serta asupan kalori dan lipid merujuk TB/U.

Kata Kunci : Konsumsi energi, protein, lemak, karbohidrat, status gizi, IMT/U, TB/U, anak sekolah dasar

Daftar Bacaan : 9 buku, 31 jurnal (2006-2025)

ABSTRACT

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THE RELATIONSHIP BETWEEN ENERGY, PROTEIN, FAT, AND CARBOHYDRATE INTAKE AND NUTRITIONAL STATUS BASED ON BMI-FOR-AGE AND HEIGHT-FOR-AGE AMONG STUDENTS OF SD ISTIQBAL SURABAYA

xix + 93 pages + 23 tables + 12 appendices

Nutritional status among pupils of scholastic age may function as an indicator of the adequacy of nutrient intake required to support growth and development. Nutritional problems in this age group encompass undernutrition alongside overnutrition. Such circumstances correspond to macronutrient consumption, particularly caloric sources, protein, lipid, and carbohydrates. This inquiry sought to scrutinize the linkage between caloric, protein, lipid, and carbohydrate intake and the nutritional condition of students at SD Istiqbal Surabaya with reference to BMI-for-age (BMI/A) and height-for-age (HAZ) indicators.

This inquiry adopted an observational-analytic framework under a transversal scheme and enrolled 95 pupils through exhaustive sampling. Nutritional status was ascertained from anthropometric readings processed in WHO AnthroPlus, whereas dietary-intake information was amassed through a two-day dietary-recollection procedure and handled in NutriSurvey. Intervariable linkage was examined via Chi-Square verification at $\alpha = 0.05$.

The findings indicated that most students had insufficient caloric intake (69.5%), lipid intake (62.1%), and carbohydrate intake (86.3%), whereas protein intake was predominantly deficient (38.9%). With reference to BMI-for-Age, 36.8% of students had low body weight, 31.6% showed standard nutritional condition, and 31.6% had excess body weight. Under HFA, 47.4% were categorized as growth-stunted and 52.6% showed standard height-for-age. Statistically meaningful linkages emerged between protein intake ($p = 0.001$) and lipid intake ($p = 0.049$) with BMI-for-Age, as well as between caloric intake ($p = 0.005$) and lipid intake ($p = 0.015$) with HFA. No statistically meaningful linkage emerged between caloric and carbohydrate intake with BMI-for-Age, or between protein and carbohydrate intake with HFA ($p \geq 0.05$).

The inquiry infers that protein and lipid consumption correspond with nutritional condition under BMI-for-Age, whereas caloric and lipid consumption correspond with HFA among students at SD Istiqbal Surabaya.

Keywords : *energy intake, protein, fat, carbohydrate, nutritional status, Body Mass Index-for-Age (BMI-for-Age), Height-for-Age (HFA), elementary school children.*

References : 9 books, 31 journals (2006-2025)