

ABSTRAK

Ruruh Raras Adi Nugraheni

HUBUNGAN PENGETAHUAN GIZI DAN PERILAKU KONSUMSI JAJANAN
DENGAN STATUS GIZI DI SDN MENUR PUMPUNGAN IV SURABAYA

1x + 73 Halaman + 15 Tabel + 15 Lampiran

Kelompok anak pada jenjang sekolah dasar dipandang rawan mengalami gangguan gizi, sebab fase ini ditandai oleh akselerasi pertumbuhan sekaligus pergeseran pola konsumsi, salah satunya kebiasaan menyantap makanan jajanan. Apabila perilaku konsumsi jajanan tidak selaras dengan kaidah gizi seimbang, asupan zat gizi dapat terganggu dan status gizi anak ikut terpengaruh. Selain itu, pembentukan kebiasaan makan yang lebih sehat turut ditentukan oleh pengetahuan gizi yang dimiliki anak. Analisis mengenai keterkaitan antara pengetahuan gizi dan perilaku konsumsi jajanan dengan status gizi siswa di SDN Menur Pumpungan IV Surabaya menjadi sasaran yang hendak dicapai melalui penelitian ini.

Rancangan cross sectional dengan pendekatan analitik observasional dipilih sebagai kerangka pelaksanaan penelitian. Seluruh siswa kelas III, IV, dan V SDN Menur Pumpungan IV Surabaya berkedudukan sebagai populasi, sementara 58 responden ditetapkan sebagai sampel melalui teknik proportional random sampling. Penjarangan data pengetahuan gizi serta perilaku konsumsi jajanan dilaksanakan melalui instrumen kuesioner, sedangkan penetapan status gizi mengacu pada Indeks Massa Tubuh menurut Umur (IMT/U). Uji korelasi Spearman kemudian digunakan untuk menelaah keterkaitan antarvariabel.

Temuan penelitian memperlihatkan bahwa pengetahuan gizi responden paling banyak berada pada kategori cukup, yakni 30 siswa (51,7%), disusul kategori baik sejumlah 17 siswa (29,3%), dan kategori kurang sejumlah 11 siswa (19,0%). Dari sisi perilaku konsumsi jajanan, kategori baik mendominasi dengan 36 siswa (62,1%), sedangkan kategori cukup dan kurang masing-masing meliputi 14 siswa (24,1%) dan 8 siswa (13,8%). Status gizi responden terbanyak tergolong gizi baik, yaitu 27 siswa (46,6%). Melalui uji korelasi Spearman diperoleh keterangan bahwa hubungan yang bermakna tidak ditemukan antara pengetahuan gizi dan perilaku konsumsi jajanan ($p = 0,359$), demikian pula antara pengetahuan gizi dan status gizi ($p = 0,470$). Sebaliknya, keterkaitan yang bermakna terbukti ada antara perilaku konsumsi jajanan dan status gizi ($p = 0,001$).

Kata kunci : *Pengetahuan Gizi, Perilaku Konsumsi Jajanan, Status Gizi, Anak Sekolah*

Daftar bacaan : 60 jurnal dan 3 skripsi (2011–2025)

ABSTRACT

Ruruh Raras Adi Nugraheni

THE RELATIONSHIP BETWEEN NUTRITION KNOWLEDGE AND SNACK CONSUMPTION BEHAVIOR WITH NUTRITIONAL STATUS AT SDN MENUR PUMPUNGAN IV SURABAYA

1x + 73 pages + 15 tables + 15 appendices.

Nutritional problems are frequently encountered among primary school children, since this phase is marked by accelerated growth as well as shifting dietary patterns, snacking habits included. When snack consumption behavior deviates from balanced nutrition principles, nutrient intake may be disrupted and children's nutritional status is consequently affected. Better eating habits are also shaped by the nutritional knowledge that children possess. The association between nutrition knowledge and snack consumption behavior with nutritional status among students of SDN Menur Pumpungan IV Surabaya was therefore examined in this study.

An analytical observational approach within a cross-sectional design was adopted in this study. Students of grades III, IV, and V at SDN Menur Pumpungan IV Surabaya constituted the population, from which 58 respondents were drawn through proportional random sampling. Questionnaires were administered to obtain data on nutrition knowledge and snack consumption behavior, whereas nutritional status was established through Body Mass Index for Age (BMI-for-age). The Spearman correlation test was subsequently applied to the data.

Findings revealed that snack consumption behavior was predominantly favorable, covering 36 students (62.1%), while the moderate and poor categories comprised 14 students (24.1%) and 8 students (13.8%) respectively. Normal nutritional status was recorded for the largest share of respondents, namely 27 students (46.6%). Spearman's rank correlation indicated that no meaningful association was detected either between nutritional knowledge and snack consumption behavior ($p = 0.359$) or between nutritional knowledge and nutritional status ($p = 0.470$). A significant association was nevertheless established between snack consumption behavior and nutritional status ($p = 0.001$).

Keywords : *Nutrition Knowledge, Snack Consumption Behavior, Nutritional Status, School Children*

Reference : *60 journals and 3 theses (2011–2025)*