

ABSTRAK

Judul :Hubungan Tingkat Kecukupan Zat Gizi (Energi, Protein, Lemak, Karbohidrat) Dan Pendidikan Ibu Terhadap Status Gizi Anak Pra Sekolah Di Tk Widuri Jaya Duri Kepa, Jakarta Barat Tahun 2018.

Nama : Desri Yani Natalia Tonfanus

Program Studi : Ilmu Gizi

Latar Belakang: Masa kanak-kanak atau yang dikenal sebagai masa prasekolah yaitu anak yang rentang usianya 3–6 tahun. Tingkat kecukupan zat gizi adalah rata-rata asupan gizi harian yang cukup untuk memenuhi kebutuhan gizi orang sehat dalam kelompok umur, jenis kelamin dan fisiologis tertentu. Ketidakseimbangan tingkat kecukupan zat gizi dapat menimbulkan masalah gizi, baik masalah gizi kurang maupun gizi lebih.

Tujuan: Melihat Hubungan Tingkat Kecukupan Zat Gizi (Energi, Protein, Lemak, Karbohidrat) dan Pendidikan Ibu Terhadap Status Gizi Anak Pra Sekolah di TK Widuri Jaya Duri Kepa, Jakarta Barat Tahun 2018.

Metode: Penelitian dilakukan di TK Widuri Jaya, Jakarta Barat dengan pendekatan *cross-sectional*. Subjek anak pra sekolah berjumlah 76 orang yang dipilih dengan teknik *purposive sampling* dan menggunakan analisis data uji *chi square*. Penelitian ini diuji menggunakan uji *chi square*.

Hasil: Hasil penelitian menunjukkan tidak ada hubungan tingkat kecukupan zat gizi (Energi, Protein, Lemak, Karbohidrat) dan pendidikan ibu terhadap status gizi anak pra sekolah di TK Widuri Jaya Duri Kepa, Jakarta Barat.

Kesimpulan: Diharapkan adanya penelitian lebih lanjut dengan menggunakan variabel tingkat kecukupan zat gizi mikro serta pendapatan keluarga terhadap status gizi terhadap anak usia pra sekolah.

Kata Kunci: Tingkat Kecukupan Energi, Tingkat Kecukupan Protein, Tingkat Kecukupan Lemak, Tingkat Kecukupan Karbohidrat, Pendidikan Ibu, Status Gizi.

ABSTRACT

Title : Relation of Adequacy of Nutrition (Energy, Protein, Fat, Carbohydrate) and Mother's Education on Nutritional Status of Pre-school Children in Widuri Jaya Duri Kepa, West Jakarta Year 2018
Name : Desri Yani Natalia Tonfanus
Study Program: Nutrition Science

Background: Childhood or what is known as preschool is a child whose age is 3-6 years. The level of adequacy of nutrients is the average daily nutritional intake sufficient to meet the nutritional needs of healthy people in certain age, gender and physiological groups. An imbalance in the level of adequacy of nutrients can cause nutritional problems, both malnutrition and over nutrition.

Objective: To see the relationship between the level of adequacy of nutrients (energy, protein, fat, carbohydrate) and maternal education on the nutritional status of pre-school children in the Widuri Jaya Duri Kepa Kindergarten, West Jakarta in 2018.

Method: The study was conducted in TK Widuri Jaya, West Jakarta with a cross-sectional approach. There were 76 preschool children selected by purposive sampling technique and using chi square test data analysis. This study was tested using the chi square test.

Results: The results showed there was no relationship between the level of adequacy of nutrients (Energy, Protein, Fat, Carbohydrate) and maternal education on the pre-school nutritional status of children in TK Widuri Jaya Duri Kepa, West Jakarta.

Conclusion: It is expected that further research will be carried out by using variables of the level of adequacy of micronutrients and family income towards nutritional status for pre-school age children.

Keywords: Energy Adequacy Level, Protein Adequacy Level, Fat Adequacy Level, Carbohydrate Adequacy Level, Mother Education, Nutritional Status.