

ABSTRAK

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Judul : Hubungan Antara Asupan Makan dengan Status Gizi Anak Kelas
IV dan V di SD Raffles Christian School Kebon Jeruk Tahun 2018

Asupan makanan yang merupakan salah satu faktor yang berpengaruh langsung terhadap keadaan gizi seseorang, karena asupan makanan yang tidak memadai dengan kebutuhan tubuh baik kualitas maupun kuantitas akan menimbulkan masalah gizi. Penelitian bertujuan mengetahui hubungan asupan makan (tingkat asupan energi, tingkat asupan protein, tingkat asupan karbohidrat dan tingkat asupan lemak) dengan status gizi anak kelas IV dan V di SD Raffles Christian School Kebon Jeruk Jakarta Barat Tahun 2018. Jenis penelitian kuantitatif dengan desain *cross sectional*. Jumlah sampel 43 orang. Jenis data yaitu data primer diperoleh dengan wawancara, kuesioner recall 24 jam dan pengukuran antropometri (TB dan BB). Analisis data menggunakan uji *Chi-square*. Ada perbedaan antara asupan makan menurut tingkat energi, protein dan lemak dengan status gizi kurang, ada perbedaan antara asupan makan menurut tingkat karbohidrat dan lemak dengan status gizi lebih.

Kata kunci : Asupan Makan, Status Gizi, Anak Sekolah

6 BAB, 52halaman, 13tabel, 2gambar, 6lampiran

Pustaka : 54 daftar (2000 – 2018)

ABSTRACT

Name : Yurike Wilda Halomoan Sihotang
Study Program : Faculty of Health Sciences, Public Health Study Program Occupational Health and Safety Specialization (K3)
Title : The Relationship of Between Feed Intake and Class Nutrition Status IV and V at the Kebon Jeruk Elementary School of Raffles Christian School in 2018

Food intake which is one of the factors that directly affects a person's nutritional state, because inadequate food intake with the body's needs both quality and quantity will cause nutritional problems. The study aimed to determine the relationship of food intake (level of energy intake, level of protein intake, level of carbohydrate intake and level of fat intake) with the nutritional status of children in grades IV and V at SD Raffles Christian School Kebon Jeruk, West Jakarta in 2018. Type of quantitative research with cross sectional design. The number of samples is 43 people. Types of data are primary data obtained by interviews, 24-hour recall questionnaires and anthropometric measurements (TB and BB). Data analysis using Chi-square test. There is a difference between food intake according to energy, protein and fat levels with less nutritional status, there is a difference between food intake according to carbohydrate and fat levels with more nutritional status.

Keywords: Feed Intake, Nutritional Status, School Children

6 CHAPTER, 52pages, 13tables, 2images, 6attachments

Library: 54 (2000 – 2018)