

## ABSTRAK

**Judul** : Hubungan Pengetahuan Gizi, Pendidikan Orang Tua, Pendapatan Orang Tua, Dan Aktivitas Fisik Terhadap Kualitas Konsumsi Pangan Anak Sekolah Di Masa Pandemi

**Nama** : Eva Nur Widiyanti

**Program Studi** : Gizi

VI BAB, 108 Halaman, 14 Tabel

**Latar Belakang** : Virus corona (covid-19) merupakan penyakit menular yang ditemukan pertama kali pada awal Desember 2019. Dampak dari pandemi ini banyak mengganggu beberapa sektor salah satunya yaitu pendidikan, penutupan sekolah. Para orang tua harus memperhatikan perkembangan sekolah anaknya dan juga konsumsi pangan anaknya harus tetap bergizi. Makanan anak sekolah harus diperhatikan karna masih dalam masa pertumbuhan. Tidak jarang anak sekolah yang mengalami masalah gizi karena tidak seimbangnya zat gizi yang masuk dengan zat gizi yang keluar saat melakukan aktivitas sehari-hari.

**Tujuan** : Untuk mengetahui hubungan pengetahuan gizi, pendidikan orang tua, pendapatan orang tua, dan aktivitas fisik terhadap kualitas konsumsi pangan anak sekolah di masa pandemi.

**Metode** : Penelitian ini bersifat observasional analitik dengan desain *cross-sectional*. Responden dalam penelitian ini sebanyak 50 orang yang terdiri dari anak sekolah berusia 10-12 tahun yang bertempat tinggal di RT/RW 01&02/03 Poris Gaga Baru, Kota Tangerang. Pengumpulan data dengan menyebarkan kuesioner secara *door to door*. Analisis data uji statistik *Chi Square* dengan teknik *Non-Probability Sampling*, metode *Accidental Sampling*.

**Hasil** : Tidak ada hubungan antara pengetahuan gizi terhadap kualitas konsumsi pangan ( $p=0,309$ ), ada hubungan antara pendidikan orang tua terhadap kualitas konsumsi pangan ( $p=0,001$ ), ada hubungan antara pendapatan orang tua terhadap kualitas konsumsi pangan ( $p=0,020$ ), tidak ada hubungan antara aktivitas fisik terhadap kualitas konsumsi pangan ( $p=0,231$ ).

**Kesimpulan** : Ada hubungan antara pendidikan orang tua dan pendapatan orang tua terhadap kualitas konsumsi pangan anak sekolah. Namun, tidak ada hubungan antara pengetahuan gizi dan aktivitas fisik terhadap kualitas konsumsi pangan anak sekolah.

**Kata Kunci** : Kualitas Konsumsi Pangan; Pendidikan Orang Tua; Pendapatan Orang Tua.

**ABSTRACT**

**Title** : *Relationship of Nutrition Knowledge, Parent's Education, Parent's Income, and Physical Activity to the Quality of School Children's Food Consumption in the Pandemic Period*

**Name** : *Eva Nur Widiyanti*

**Study Program** : *Nutrition*

*VI CHAPTERS, 108 Pages, 14 Tables*

**Background:** *The corona virus (covid-19) is an infectious disease that was first discovered in early December 2019. The impact of this pandemic has disrupted several sectors, one of which is education, school closures. Parents must pay attention to their children's school development and also their child's food consumption must remain nutritious. School children's food must be considered because it is still in its infancy. It is not uncommon for school children to experience nutritional problems due to an imbalance between the nutrients that enter and the nutrients that come out during their daily activities.*

**Objective:** *This study aims to determine the relationship between nutrition knowledge, parental education, parental income, and physical activity on the quality of school children's food consumption during the pandemic.*

**Methods:** *This research is an analytic observational with a cross-sectional design. Respondents in this study were 50 people consisting of school children aged 10-12 years who lived RT/RW 01/03 Poris Gaga Baru, Tangerang City. Data was collected by distributing questionnaires. Data analysis used Chi Square statistical test using Non-Probability Sampling technique with Accidental Sampling method.*

**Results:** *There is no relationship between nutritional knowledge on the quality of food consumption ( $p=0,309$ ), there is a relationship between parental education on the quality of food consumption ( $p=0,001$ ), there is a relationship between parental income and the quality of food consumption ( $p=0,020$ ), there is no the relationship between physical activity on the quality of food consumption ( $p=0,231$ ).*

**Conclusion:** *There is a relationship between parental education and parental income on the quality of school children's food consumption. However, there is no relationship between nutritional knowledge and physical activity on the quality of school children's food consumption.*

**Keywords:** *Quality of Food Consumption; Parental Education; Parental Income*