

UNIVERSITAS ESA UNGGUL  
FAKULTAS ILMU-ILMU KESEHATAN  
PROGRAM STUDI ILMU GIZI  
SKRIPSI, AGUSTUS 2016

ASTRY MELISSA BRATA

**PERBEDAAN STATUS GIZI BERDASARKAN KEBIASAAN SARAPAN PAGI DAN JAJAN SERTA TINGKAT KECUKUPANNYA PADA SISWA KELAS 4 DAN 5 DI SDN PEJATEN BARAT 01 PAGI JAKARTA SELATAN TAHUN 2016**

**VIII, VI bab, 76 halaman, 18 tabel, 8 lampiran**

**Latar Belakang :** Sarapan dan makanan jajanan mempunyai peranan penting dalam memenuhi kebutuhan energi anak sekolah. Menurut data RISKESDAS tahun 2010 di Indonesia terdapat prevalensi gizi kurang pada kelompok umur 6-12 tahun untuk laki-laki sebesar 8,1% dan untuk perempuan 7,2%.

**Tujuan:** Mengetahui perbedaan status gizi berdasarkan kebiasaan sarapan dan jajan serta tingkat kecukupannya pada siswa kelas 4 dan 5 di SDN Pejaten Barat 01 Pagi Jakarta Selatan Tahun 2016.

**Metode Penelitian:** Jenis penelitian yang digunakan dalam penelitian ini adalah bersifat analitik, pengambilan sampel dengan desain *Cross Sectional* dimana pengambilan data hanya dilakukan dalam satu waktu. Jumlah sampel sebanyak 150 siswa dengan teknik *stratified proporsi sampling*. Analisis bivariat menggunakan uji *Mann Whitney*.

**Hasil Penelitian:** Data univariat yang didapatkan yaitu terbanyak pada jenis kelamin laki-laki, umur rata-rata usia 10 tahun, kebiasaan sarapan anak dengan frekuensi kurang sebanyak 84 orang (56%), kebiasaan jajan anak dengan frekuensi kurang sebanyak 91 orang (60,7%), rata-rata status gizi berdasarkan nilai *Z score*  $(-0,16 \pm 1,39)$ , kecukupan energi sarapan adalah kurang sebanyak 144 orang (96%), dan kecukupan energi jajan adalah kurang sebanyak 99 orang (66%). Ada perbedaan status gizi berdasarkan kebiasaan sarapan pagi ( $p=0,048$ ), tidak ada perbedaan status gizi berdasarkan kebiasaan jajan ( $p=0,466$ ), ada perbedaan status gizi berdasarkan kecukupan energi sarapan ( $p=0,023$ ), dan tidak ada perbedaan status gizi berdasarkan kecukupan energi jajan ( $p=0,236$ )

**Kesimpulan :** Perlu diadakan penyuluhan oleh tenaga kesehatan tentang pentingnya sarapan dan memilih makanan jajanan yang sehat.

Kata Kunci : Kebiasaan Sarapan, Kebiasaan Jajan, dan Status Gizi

Daftar Pustaka: 58 bacaan (2002-2015)



## ABSTRACT

**ESA UNGGUL UNIVERSITY  
THE FACULTY OF HEALTH SCIENCES  
NUTRITIONAL SCIENCE COURSES  
THESIS, AUGUST 2016**

**ASTRY MELISSA BRATA**

**DIFFERENCES IN NUTRITIONAL STATUS BASED ON BREAKFAST  
AND SNACK HABITS AS WELL AS THEIR ADEQUACY IN GRADE 4  
AND 5 OF SDN PEJATEN SOUTH WEST 01 EARLY JAKARTA**

**VIII, VI chapters, 76 pages, 18 tables, 8 attachment**

**Background :** Breakfast and snacks have an important role in providing the energy needs of schoolchild. According to The data of RISKESDAS 2010, in Indonesia there is the prevalence of malnutrition in the age group 6-12 years, for men by 8,1% dan for women 7,2%.

**Purpose:** To know the differences of nutrition status based on the breakfast and snack habits as well as their adequacy in grade 4 dan 5 of SDN Pejaten South West 01 Early Jakarta

**Research Methods:** The type of research used in this study is an analytical, sampling was taken with Cross Sectional design where data retrieval is only performed on time. The total sample of 150 students with stratified proportion sampling.

**Result:** Univariate data obtained mostly prevalent on male, average 10 years age, breakfast habits of children with less frequency as many as 84 people (56%), snack habits of children with less frequency as many as 91 people (60,7%), the average nutritional status based on the value of Z score  $(-0,16 \pm 1,39)$ , energy sufficiency breakfast is less than 144 people (96%), and energy sufficiency snack is less by 99 people (66%). There is a difference in nutritional status based on the habits of breakfast ( $p=0,048$ ), there was no difference in the nutritional status based on the habit of eating snacks ( $p=0,466$ ), there are differences in nutritional status based on energy adequacy breakfast ( $p=0,023$ ), there was no difference in the nutritional status based on the sufficiency of energy snack ( $p=0,236$ ).

**Conclusion :** There should be a counseling by health professionals on the importance of breakfast and chose the healthy snack food.

**Keywords :** Breakfast habits, Habits of eating snacks, nutritional status

Reading list : 58 (2002-2015)