

## Status gizi anak usia sekolah dan hubungannya dengan pengetahuan mengenai kebiasaan jajan di yayasan X, Pejaten, Jakarta Selatan tahun 2009

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### Abstrak

Prevalensi status gizi kurang pada anak usia sekolah di Indonesia masih cukup tinggi. Status gizi anak usia sekolah salah satunya ditentukan oleh asupan nutrien, di mana konsumsi jajanan di sekolah memberikan asupan nutrien dalam jumlah yang cukup besar. Pengetahuan anak usia sekolah mengenai kebiasaan jajan dapat berimplikasi pada perilaku jajan sehari-hari. Penelitian ini bertujuan untuk mengetahui sebaran status gizi berdasarkan indikator BB/U, TB/U, dan IMT/U, tingkat pengetahuan anak usia sekolah mengenai kebiasaan jajan serta hubungan keduanya. Penelitian dilakukan dengan desain cross sectional menggunakan data primer yang diambil dari anak sekolah usia 6-14 tahun di Yayasan X, Pejaten, Jakarta Selatan, pada tanggal 18 Oktober 2009. Sampel diambil menggunakan metode total sampling. Data yang diambil berupa data umum, data antropometrik serta data pengetahuan mengenai kebiasaan jajan menggunakan kuesioner. Jumlah subyek penelitian adalah sebanyak 78 orang dengan rata-rata berusia  $10,10 \pm 1,43$  tahun. Dari pengukuran antropometrik didapatkan rerata berat badan  $26,18 \pm 5,55$  kg dan rerata tinggi badan  $130,67 \pm 8,32$  cm. Persentasi subyek dengan status gizi kurang berdasarkan BB/U sebanyak 51,3%, berdasarkan TB/U sebanyak 32,1% dan berdasarkan IMT/U sebanyak 38,5%. Nilai tengah skor pengetahuan subyek mengenai kebiasaan jajan adalah 6 (1-10), di mana sebanyak 41% subyek memiliki tingkat pengetahuan yang kurang. Dengan menggunakan uji Chi Square antara tingkat pengetahuan mengenai kebiasaan jajan dan status gizi berdasarkan IMT/U, didapatkan nilai probabilitas sebesar 0,026 ( $p < 0,05$ ). Terdapat hubungan antara tingkat pengetahuan mengenai kebiasaan jajan dengan status gizi berdasarkan IMT/U pada anak usia sekolah di Yayasan X, Pejaten, Jakarta Selatan tahun 2009.

.....Prevalence of poor nutritional status among school-age children in Indonesia remains high. Nutrient intake is one of factors that determine school-age children nutritional status, and the consumption of snacks at school-environment provides large amount of nutrient intake. Their knowledge about snack habits implicate on their daily snack behavior. This study was conducted to determine the distribution of nutritional status based on indicators WAP, HAP, and BMI, the knowledge of school-age children about snack consumption and their association. This study was conducted with a cross sectional design using data taken from primary school children aged 6-14 years in the Yayasan X, Pejaten, Jakarta Selatan, on October 18, 2009. Samples were taken using the total sampling method. Data was taken in the form of common data, anthropometric data and knowledge level about snack consumption using a questionnaire.

Total subjects were 78 people with an average age of  $10.10 \pm 1.43$  years. Anthropometric measurements obtained resulted mean weight  $26.18 \pm 5.55$  kg and mean height  $130.67 \pm 8.32$  cm. Percentage of subjects with poor nutritional status based on WAP as much as 51.3%, based on the HAP as much as 32.1% and based on the BMI as much as 38.5%. The mean score of knowledge about snack consumption habits is 6 (1-10), where as many as 41% of subjects had poor knowledge level. The Chi Square test were used to measure the association between the knowledge about the snack consumption and nutritional status. Probability value of 0.026 ( $p < 0.05$ ) was obtained based on BMI and knowledge-level. There is an association between the

knowledge snack consumption and nutritional status based on BMI / U on school-age children in the Yayasan X, Pejaten, Jakarta Selatan in 2009.