

Hubungan status gizi orangtua, asupan makanan, durasi menonton TV serta bermain games dan faktor lain dengan status gizi (kegemukan) pada siswa TK Islam Al-Azhar 03 kota Cirebon tahun 2012 = the Relations between nutritional status of parents, food intake, duration of watching television, duration of playing games and other factors with nutritional status (overweight/obese) among children at Al-Azhar 03 Islamic Kindergarten Cirebon 2012

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Abstrak

Tujuan penelitian ini adalah untuk mengetahui hubungan antara karakteristik anak (jenis kelamin dan berat badan lahir), status gizi orangtua, pekerjaan ibu, asupan zat gizi makro (asupan energi total, karbohidrat, lemak dan protein), frekuensi makan dalam sehari serta durasi menonton TV dan bermain games dengan status gizi (kegemukan) pada anak di TK Islam Al-Azhar 03 Cirebon. Penelitian ini menggunakan desain studi cross sectional. Uji statistik yang digunakan yaitu Chi Square. Besar sampel dalam penelitian ini adalah 134 anak.

Hasil penelitian menunjukkan bahwa sebanyak 32,1% anak mengalami kegemukan. Variabel yang memiliki hubungan bermakna yaitu status gizi ibu, pekerjaan ibu, asupan energi, asupan karbohidrat, asupan lemak, durasi menonton TV dan bermain games. Peneliti menyarankan agar orangtua menerapkan pola makan yang teratur dengan porsi cukup disertai gizi yang seimbang kepada anak serta melakukan aktivitas fisik secara rutin.

*The aim of this study was to understand the relations between child's characteristics (sex and birthweight), nutritional status of parents, mothers's occupation, macronutrients intake (total energy, carbohydrates, fat and protein), frequency of eating in a day, duration of watching television and duration of playing games with nutritional status (overweight/obese) among children at Al-Azhar 03 Islamic Kindergarten Cirebon 2012. Cross Sectional design was used in this study. Statistic test Chi Square was also used in this study. Total samples of this study were 134 children.*

*Results showed that 32,1% children were overweight/obese. Variables that significantly related were mother's nutritional status, mother's occupation, total energy intake, carbohydrates intake, fat intake, duration of watching television and playing games. Author suggests that parents have to regulate child's food pattern with sufficient portions and balance nutrition and also do physical activity regularly.*