

## Hubungan status nutrisi terhadap pencapaian prestasi akademik siswa siswi di SMAN 6 Tangerang = The relationship of nutritional status with academic achievement among students at SMAN 6 Tangerang

Lorreta, Elisabeth, author

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### Abstrak

Prestasi akademik yang baik diinginkan oleh setiap remaja. Salah satu faktor yang mempengaruhi prestasi akademik adalah status nutrisi. Penelitian ini bertujuan untuk mengetahui hubungan status nutrisi dengan pencapaian prestasi akademik. Penelitian dilakukan pada siswa SMAN 6 Tangerang. Penelitian ini menggunakan desain cross-sectional. Sampel sebanyak 167 responden diambil secara acak sederhana. Hasil penelitian menunjukkan bahwa mayoritas responden memiliki status nutrisi normal dan pencapaian prestasi akademik baik. Penelitian ini menunjukkan tidak adanya hubungan antara status nutrisi dengan pencapaian prestasi akademik ( $p$  value = 0,518; = 0,05). Walaupun demikian, pihak sekolah perlu memberikan penyuluhan mengenai asupan nutrisi yang baik bagi siswa siswi.

.....The good academic achievement is desired by every adolescent. One of the factors that influenced is adolescent nutritional status. The aim of this study was to explore the relationship of adolescent nutritional status with academic achievement. This study was conducted in SMAN 6 Tangerang. This study used cross sectional design. Sample are 167 participants which is chosen by random sampling. Result showed majority participants had normal nutritional status and good academic achievement. This study also showed there was no correlation between nutritional status and academic achievement ( $p$  value= 0,001; = 0,05). However, the school needs to provide education about nutrition consumption for students.