

Status gizi dan hubungannya dengan tingkat pengetahuan mengenai kekurangan kalori protein : studi pada anak usia sekolah di Yayasan Kampung Kids tahun 2009 = Nutritional status and its relationship with the level of knowledge about the shortage of calories and protein: study on school-aged children in Kampung Kids in 2009

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Abstrak

Indonesia is still bound to problems associated with nutritional status. There were 16 and 19 provinces in which prevalence of underweight school-age boys and girls are above the national prevalence. Knowledge about nutrition is one of the factors that can affect nutrition intake. Nutrition intake itself plays a role in determining nutritional status. This study aims to determine nutritional status and its relationship to the level of knowledge about protein-calorie deficiency in school-aged children of Kampung Kids. Data was retrieved on October 18th, 2009 by performing an anthropometric physical examination and giving questionnaires to be answered by 78 school-aged children enrolled in Kampung Kids.

The results showed there were 40 children (51.3%) undernourished, 25 children (32.1%) was having short-stature, and 30 children (38.5%) were thin. There are 2 subjects (2.6%) who have a good level of knowledge about protein-calorie deficiency, while 7 people (9%) has moderate knowledge level, and about 69 people (88.5%) has bad level of knowledge. Fisher's Exact test shows that there is no significancies between nutritional status with the level of knowledge about protein-calorie deficiency ($p = 1.000$). In conclusion, nutritional status is not significantly related with the level of knowledge about protein-calorie deficiency on school-aged children in Kampung Kids.

.....Indonesia tidak lepas dari masalah terkait status gizi. Terdapat 16 dan 19 propinsi yang prevalensi anak usia sekolah laki-laki dan perempuan yang bertubuh kurusnya berada di atas prevalensi nasional. Pengetahuan tentang gizi merupakan salah satu faktor yang mempengaruhi asupan gizi. Asupan gizi sendiri berperan dalam menentukan status gizi. Penelitian ini bertujuan untuk mengetahui status gizi dan hubungannya dengan tingkat pengetahuan mengenai kekurangan kalori protein anak usia sekolah di Yayasan Kampung Kids. Data diambil pada tanggal 18 Oktober 2009 dengan melakukan pemeriksaan fisik antropometri serta pengisian kuesioner oleh 78 anak usia sekolah yang terdaftar di Yayasan Kampung Kids.

Hasilnya menunjukkan terdapat 40 orang (51,3%) bergizi kurang, 25 orang (32,1%) bertubuh pendek, serta 30 orang (38,5%) bertubuh kurus. Subyek yang memiliki tingkat pengetahuan mengenai kekurangan kalori protein baik sejumlah 2 orang (2,6%), sedang 7 orang (9%) dan tingkat pengetahuan kurang 69 orang (88,5%). Pada uji Fisher Exacts tidak terdapat perbedaan bermakna antara status gizi dengan tingkat pengetahuan mengenai kurangan kalori protein ($p= 1,000$). Disimpulkan status gizi dengan tingkat pengetahuan mengenai kekurangan kalori protein anak usia sekolah yayasan Kampung Kids tidak berhubungan secara bermakna.