

HUBUNGAN ANTARA PENGETAHUAN DAN SIKAP MEMILIH JAJANAN DENGAN STATUS GIZI ANAK SEKOLAH DASAR

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INTISARI

Latar Belakang : Anak usia sekolah merupakan periode usia menengah, yang dimulai ketika anak memasuki lingkungan sekolah, pada masa ini anak sekolah cenderung lebih menyukai jajanan karena harganya yang terjangkau, mudah diakses dan memiliki rasa yang disukai anak. Biasanya kebanyakan dari mereka mungkin tidak memperhatikan kebersihan dan kandungan makanannya. Dampaknya, asupan jajanan ini dapat berkontribusi pada peningkatan risiko masalah gizi pada anak-anak. Peneliti sudah melakukan studi pendahuluan didapatkan hasil bahwa siswa-siswi suka membeli jajan di area dalam maupun luar sekolah. Serta hasil wawancara dengan kepala sekolah mengatakan bahwa terdapat siswa yang memiliki masalah dengan gizinya.

Tujuan : Diketahui adanya hubungan antara pengetahuan, sikap memilih jajanan, dengan status gizi pada anak sekolah dasar.

Metode : Penelitian ini menggunakan desain penelitian kuantitatif dengan pendekatan *cross sectional*, rancangan pada penelitian ini menggunakan deskriptif korelatif. Sampel pada penelitian ini berjumlah 36 siswa, yang diambil dengan teknik metode *proportional random sampling*. Seluruh subjek penelitian mengisi kuisioner untuk menilai tingkat pengetahuan dan sikap memilih jajanan, serta dilakukan pengukuran antropometri. Data yang sudah dikumpulkan diuji menggunakan SPSS dengan uji *somers'd*. Analisa statistic dianggap signifikansi jika $p < 0,05$.

Hasil : Persentase pengetahuan memilih jajanan kategori baik (91,7%), Persentase sikap memilih jajanan kategori mendukung (88,9%), Persentase status gizi buruk (13,9%), gizi kurang(2,8%), gizi normal(77,8%), dan gizi lebih(5,6%).

Kesimpulan : Pengetahuan memilih jajanan tidak memiliki hubungan yang signifikan dengan status gizi ($p=0,239$) dan Sikap memilih jajanan tidak juga memiliki hubungan yang signifikan terhadap status gizi ($p=0,211$).

Kata Kunci : Pengetahuan memilih jajanan, sikap memilih jajanan, status gizi.

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**RELATIONSHIP BETWEEN KNOWLEDGE AND ATTITUDE IN
CHOOSING SNACKS WITH THE NUTRITIONAL STATUS OF
ELEMENTARY SCHOOL CHILDREN**

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ABSTRACT

Background : School-age children are a middle-age period, which begins when children enter the school environment, at this time school children tend to prefer snacks because they are affordable, easily accessible and have a taste that children like. Usually most of them may not pay attention to the cleanliness and content of the food. As a result, the intake of these snacks can contribute to an increased risk of nutritional problems in children. Researchers have conducted a preliminary study and found that students like to buy snacks in areas inside and outside the school. And the results of interviews with the principal said that there were students who had problems with their nutrition.

Objective : It is known that there is a relationship between knowledge, attitudes towards choosing snacks, and nutritional status in elementary school children.

Methods : This study uses a quantitative research design with a cross-sectional approach, the design in this study uses descriptive correlative. The sample in this study amounted to 36 students, taken using the proportional random sampling method. All research subjects filled out a questionnaire to assess the level of knowledge and attitude in choosing snacks, and anthropometric measurements were taken. The data that had been collected were tested using SPSS with the Somers'd test. Statistical analysis was considered significant if $p < 0.05$.

Results : Percentage of knowledge in choosing good category snacks (91.7%), Percentage of attitudes in choosing supportive category snacks (88.9%), Percentage of poor nutritional status (13.9%), undernutrition (2.8%), normal nutrition (77.8%), and overnutrition (5.6%).

Conclusions : Knowledge of choosing snacks does not have a significant relationship with nutritional status ($p=0.239$) and attitudes towards choosing snacks also do not have a significant relationship with nutritional status ($p=0.211$).

Keywords : Knowledge of choosing snacks, attitude in choosing snacks, nutritional status.

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