

HUBUNGAN ANTARA PENGETAHUAN TENTANG GIZI DAN SIKAP SISWA DALAM MEMILIH JAJANAN DI SEKOLAH DASAR NEGERI BANGUNJIWO KASIHAN BANTUL

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INTISARI

Latar Belakang : Berdasarkan Hasil survei Badan Pengawas Obat dan Makanan (BPOM) dalam lima tahun terakhir (2006-2010) menunjukkan bahwa sebanyak 40-44% jajanan anak di sekolah tidak memenuhi syarat keamanan pangan. Berdasarkan pengambilan sampel jajanan anak sekolah di 6 Ibu Kota Provinsi (DKI Jakarta, Serang, Bandung, Semarang, Yogyakarta dan Surabaya), ditemukan 72,08% positif mengandung zat berbahaya. Pemilihan jajanan pada anak sekolah dasar dipengaruhi oleh beberapa faktor diantaranya adalah pengetahuan tentang gizi.

Tujuan Penelitian : Mengetahui hubungan pengetahuan tentang gizi dengan sikap siswa dalam memilih jajanan di Sekolah Dasar Negeri Bangunjiwo Kasihan Bantul.

Metode Penelitian : Jenis penelitian survei analitik dengan pendekatan *cross sectional*. Sampel diambil dengan teknik *total sampling* yaitu 43 siswa kelas 5A dan kelas 5B di Sekolah Dasar Negeri Bangunjiwo Kasihan Bantul. Instrumen penelitian adalah kuesioner. Hasil penelitian dianalisis dengan uji *chi square*.

Hasil penelitian : Pengetahuan tentang gizi pada siswa Sekolah Dasar Negeri Bangunjiwo Kasihan Bantul hampir sama antara kategori baik dan kurang (53,5%). Sikap siswa Sekolah Dasar Negeri Bangunjiwo Kasihan Bantul dalam memilih jajanan hampir sama antara kategori positif dan negatif (53,5%). Hasil uji *chi square* diperoleh *p-value* $0,004 < 0,05$.

Kesimpulan : Terdapat hubungan yang signifikan antara pengetahuan tentang gizi dengan sikap siswa Sekolah Dasar Negeri Bangunjiwo Kasihan Bantul dalam memilih jajanan. Kepala Sekolah di harapkan memberikan peraturan kepada pengelola kantin sekolah agar dapat menyediakan makanan jajanan yang sehat dan baik untuk kesehatan.

Kata kunci : Pengetahuan gizi, sikap, jajanan.

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CORRELATION BETWEEN KNOWLEDGE OF NUTRITION AND STUDENT ATTITUDES IN CHOOSING SNACKS IN ELEMENTARY SCHOOL BANGUNJIWO KASIHAN BANTUL

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ABSTRACT

Background: Based on the survey results Food and Drug Administration (FDA) in the last five years (2006-2010) indicated that as many as 40-44% of children at school snacks do not meet food safety requirements. Based on sampling snacks in school children 6 provincial capital (DKI Jakarta, Serang, Bandung, Semarang, Yogyakarta and Surabaya), 72.08% found positive for hazardous substances. The selection of snacks in elementary school children are affected by several factors such as knowledge about nutrition.

Objective: This study aimed to identify the correlation between nutrition knowledge with the attitudes of students in choosing snacks in elementary school Bangunjiwo Kasihan Bantul.

Method: This research used an analytical survey with a cross sectional approach. Samples were taken by a total sampling technique class with 43 students in 5A and 5B classes Bangunjiwo Kasihan Bantul Primary School were involved. The research instrument used a questionnaire. The results were analyzed by chi square test.

The Results: Knowledge of nutrition of students in elementary school Bangunjiwo Kasihan Bantul have the same category of less and good (53,5%). The attitude of students in choosing snacks have the same category of positive and negative (53,5%). Results obtained *chi square test p-value* $0.004 < 0.05$.

Conclusion: There was a relationship with the nutritional knowledge of elementary school students' attitudes Bangunjiwo Kasihan Bantul in choosing snacks. The principal regulations to provide the expected school canteen Manager in order to provide healthy snacks and foods are good for your health

Keywords: Knowledge of nutrition, attitude, snack.

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