

POLA MAKAN DAN STATUS GIZI SISWA SMP NEGERI 4 BANYUMAS

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ABSTRAK

Tujuan penelitian ini adalah mengetahui : (1) pola makan siswa SMP Negeri 4 Banyumas; (2) status gizi siswa SMP Negeri 4 Banyumas.

Penelitian ini merupakan penelitian survey. Tempat penelitian di SMP Negeri 4 Banyumas. Penelitian ini dilakukan pada bulan Oktober-November 2019. Populasi penelitian adalah siswa kelas VII, VIII, dan IX SMP Negeri 4 Banyumas sebanyak 565 siswa. Pengambilan sampel dilakukan menggunakan metode stratified random sampling terhadap 565 siswa menggunakan rumus slovin diperoleh sampel sebanyak 85 siswa dengan batas toleransi kesalahan 10%. Data pola makan dikumpulkan dengan angket dan diperkuat dengan formulir food recall 24 jam dan formulir food frekuensi, dan status gizi dikumpulkan dengan angket. Perhitungan data menggunakan presentase. Analisis data dilakukan dengan analisis deskriptif.

Hasil penelitian diketahui bahwa: (1) pola makan siswa SMP Negeri 4 Banyumas metode food frekuensi adalah makanan pokok nasi putih 95%, lauk hewani telur ayam 24%, lauk nabati tempe 31%, sayuran kangkung 19%, buah-buahan mangga 31%, snack mendoan 41%, minuman air putih 100%. (2) pola makan metode recall 24 jam adalah konsumsi energinya sebesar 2300 kkal laki-laki, perempuan 2088 kkal, konsumsi zat makro protein 97%, zat makro lemak 111% , zat makro karbohidrat 104%. (3) status gizi pada siswa SMP Negeri 4 Banyumas dikelompokkan menjadi sangat kurus 7%, dinyatakan kurus 11%, dinyatakan normal 74%, dinyatakan gemuk 8%, dan dinyatakan obesitas 0%.

Kata kunci: Pola Makan, Status Gizi, Siswa SMP.

THE DIETARY HABITS AND NUTRIENTS STATUS OF SMP N 4 BANYUMAS' STUDENTS

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ABSTRACT

The aims of this research were to know the dietary habits of SMP N 4 Banyumas' students and to know the nutrients status of SMP N 4 Banyumas' students.

The method used in this research was survey research. The research location was in SMP N 4 Banyumas. The research was held in October until November 2019. The population of this research were students of grade VII, VIII, IX in SMP N 4 Banyumas with the total student is 565 students. Total sampling of this research were 85 students using stratified random sampling with size determination based on Slovin's formula which has fault tolerance limit of 10%. The data of dietary habits were collected questionnaires and reinforced by food recall 24 hours forms, food frequency forms and then the nutrient status combined with the questionnaires. The calculation is using percentage. The data was analyzed using descriptive analysis.

The result showed: (1) Dietary habits of students in SMP N 4 Banyumas based on food frequency method were the main meal (rice) 95%, the dish with egg 24%, the dish with tempeh 31%, wattle spinach 19%, mango fruit 31%, mendoan snack 41%, mineral water 100%. (2) The dietary habits based on 24 hour food recall are the amount of energy consumption male 2300 kcal, female 2053 kcal, the consumption protein macro essence 97%, the fat macro essence 111%, the carbohydrate macro essence 104%. (3) Nutrient status of the students of SMP N 4 Banyumas grouped into very thin 7%, thin 11%, normal 74%, fat 8%, and obese 0%.

Keyword: Dietary habits, Nutrients status, Junior High School student.