

KONTRIBUSI MAKANAN JAJANAN TERHADAP TOTAL KONSUMSI ENERGI DAN STATUS GIZI ANAK SEKOLAH DI SD NEGERI BAURENO 1 KECAMATAN BAURENO BOJONEGORO

ABSTRAK

Anak usia sekolah merupakan investasi bangsa karena mereka adalah generasi penerus yang akan menentukan kualitas bangsa di masa yang akan datang. Tumbuh kembang anak tergantung asupan zat gizi dengan kualitas dan kuantitas yang benar. Asupan yang didapatkan dapat berupa makanan sehari dan jajanan. Makanan jajanan dapat memberikan kontribusi zat gizi bagi status gizi seseorang. Tujuan dari penelitian ini untuk mengetahui bagaimana kontribusi makanan jajanan terhadap total konsumsi energi dan status gizi anak sekolah di SD Negeri Baureno 1 Kecamatan Baureno Bojonegoro. Jenis penelitian yang digunakan adalah deskriptif analitik dengan pendekatan *cross sectional*. Populasi pada penelitian ini adalah seluruh siswa kelas 5 di SD Negeri Baureno 1 Kecamatan Baureno Bojonegoro dengan sampel 40 anak. Teknik pengambilan sampel menggunakan simple random sampling. Analisa data menggunakan statistik nonparametrik dengan menggunakan uji *Spearman*. Hasil penelitian menunjukkan bahwa makanan jajanan memberikan kontribusi rata-rata sebesar 25,86% terhadap konsumsi sehari anak. Konsumsi energi makanan jajanan tertinggi sebesar 939 kkal, dan konsumsi makanan jajanan terendah 24,3 kkal. Hasil uji statistik menyatakan tidak ada hubungan antara kontribusi makanan jajanan terhadap konsumsi sehari $p = 0,204 > 0,1$. Tidak ada hubungan antara kontribusi makanan jajanan terhadap status gizi $p = 0,224 > 0,1$. Hal ini dapat disimpulkan bahwa tidak ada hubungan antara kontribusi makanan jajanan terhadap total konsumsi energi dan status gizi.

Kata Kunci : Makanan jajanan, total energi, status gizi

**CONTRIBUTION OF SNACKS TO THE TOTAL ENERGY CONSUMPTION
AND NUTRITIONAL STATUS OF STUDENTS AT SD NEGERI BAURENO
I BAURENO DISTRICT IN BOJONEGORO**

ABSTRACT

School-age children is an investment of the nation because they are the next generation who will determine the quality of the nation in the future. Growth and development of children depends on intake of nutrients with the right quality and quantity. Intake of nutrients can be obtained from food in every day and snacks. Snacks can contribute the nutrients for the nutritional status of person. The purpose of this research is to know how the contribution of snacks to the total energy consumption and nutritional status of students at SD Negeri Baureno 1 in Baureno district of Bojonegoro. The type of research used was descriptive analytic with cross sectional approach. The population in this research were all students in grade 5 at SD Negeri Baureno 1 Baureno district of Bojonegoro and used a sample totally 40 students. The sampling technique used was a simple random sampling. Analyzing data used nonparametric statistics which using Spearman test. The results showed that the snacks can give contribution an average of 25.86% of the daily consumption of children. The highest energy consumption of snacks was 939 kcal, and the lowest possible consumption of snacks was 24.3 kcal. The results statistical test claimed that there was no relationship between the contribution of snacks to the daily consumption $p = 0.204 > 0.1$. There was no relationship between the contribution of snacks on the nutritional status $p = 0.224 > 0.1$. It can be concluded that there was no relationship between the contribution of snacks to the total energy consumption and nutritional status.

Keywords : Snacks, total energy consumption, nutritional status