HUBUNGAN ANTARA ASUPAN ENERGI DAN LEMAK DENGAN KEJADIAN GIZI LEBIH (*OVERWEIGHT)* PADA SISWA DI SDN TANAH KALI KEDINDING 8 SURABAYA

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ABSTRAK

Gizi lebih dapat menyebabkan gangguan dalam fungsi tubuh, yaitu risiko untuk menderita penyakit seperti diabetes melitus, hipertensi, penyakit jantung koroner dan dapat memperpendek harapan hidup dimasa yang akan datang. Pada fenomerna gizi lebih ditemukan dari berbagai usia termasuk pada anak-anak, hal ini ditemukan di SDN Tanah Kali Kedinding 8 Surabaya, karena 23,3 % siswa status gizi nya *overweight*. Tujuan dari penelitian ini adalah mengetahui hubungan antara asupan energi dan lemak dengan kejadian gizi lebih (*overweight*) pada siswa di SDN Tanah Kali Kedinding 8 Surabaya.

Penelitian dilakukan dengan cara *case control.* Penelitian ini melibatkan 76 orang responden dan dibagi menjadi 2 kelompok yaitu kelompok kasus sebesar 38 orang dengan status gizi *overweight* dan kelompok kontrol sebesar 38 orang dengan status gizi normal. Metode pengumpulan data dilakukan dengan wawancara *food recall* 2x24 jam. Analisis data dilakukan dengan menggunakan uji korelasi *spearman*.

Hasil penelitian ini adalah 38 responden dengan status gizi *overweight* dan 38 responden dengan status gizi normal. Tingkat konsumsi energi tergolong lebih, sebesar 100% atau sebanyak 7 orang dengan status gizi normal dan tingkat konsumsi lemak tergolong lebih sebesar 100% atau 13 orang dengan status gizi normal. Hasil uji statistik menunjukkan bahwa tidak ada hubungan antara asupan energi dengan status gizi siswa ($p=0,959$ atau $p>0,05$). Sedangkan, ada hubungan antara lemak dengan status gizi siswa ($p=0,000$ atau $p<0,05$). Hasil hubungan antara asupan lemak dengan status gizi diharapkan diadakannya penimbangan berat badan dan pengukuran tinggi badan secara rutin setiap awal masuk semester oleh sekolah. Selain itu sekolah dan orang tua siswa melakukan kerjasama tentang pengawasan asupan zat gizi siswa selama di rumah.

Kata kunci:

Anak sekolah, asupan energi, asupan lemak, gizi lebih (overweight)

THE RELATIONS BETWEEN THE INTAKE OF ENERGY AND FAT TOWARDS THE OVER-NUTRIENT CASE OF THE STUDENTS IN SDN TANAH KALI KEDINDING 8 SURABAYA

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ABSTRACT

Nutrient can cause disruption to body's function, such as diabetes mellitus, hypertension, coronary heart and shorten the life expectancy. In the nutrient cases it was often found in varieties of age including children age, this also found in the students of SDN Tanah Kali Kedinding 8 Surabaya, there were 23,3% of students that have over-nutrient. The purpose of this study is to find out the relations between the intake of energy and fat towards the over-nutrient cases of students in SDN Tanah Kali Kedinding 8 Surabaya.

The study was using case control method. There are 76 people were involved as the respondents that divided into 2 groups. First group consisted of 38 students with over-nutrient rank and the second were also consisted of 38 students with normal nutrient rank. The collection of data were taken by 48 hours food recall interview. The data were analyze using Spearman's rank correlation.

The result of this study were 38 respondents with over-nutrient rank and 38 respondents with normal nutrient rank. The level of consumption was considered as 100% higher or 7 students with normal nutrient rank and the consumption of fat was considered as 100% higher or 13 students with normal nutrient rank. The result of statistic experiment showed that there was no relation between the intake of energy with the students' nutrient rank ($p=0,959$ or $p>0,05$). Meanwhile, there was a relation between the intake of fat with the students' nutrient rank ($p=0,000$ or $p<0,05$). The school was expected to have a routine weight and height measure in the beginning of each semester, so the result of the relation between intake of fat and nutrient rank could be measured. The cooperation between school and parents were needed to control the nutrient that the students consumed at home.

Keywords:

Students, intake of energy, intake of fat, over-nutrient