

# HUBUNGAN PENGETAHUAN GIZI DAN TINGKAT KONSUMSI ENERGI PROTEIN TERHADAP STATUS GIZI ANAK SEKOLAH DASAR SDN PACARKEKELING V SURABAYA

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## ABSTRAK

Anak usia sekolah adalah investasi bangsa, karena anak adalah generasi penerus bangsa. Kualitas bangsa di masa depan ditentukan kualitas anak-anak pada saat ini. Upaya peningkatan sumber daya manusia harus dilakukan sejak dini, dan sistematis. Tumbuh kembangnya anak usia sekolah yang optimal tergantung pemberian nutrisi dengan kualitas dan kuantitas yang baik serta benar.

Penelitian ini bertujuan untuk mengetahui hubungan antara pengetahuan gizi dan tingkat konsumsi energi protein terhadap status gizi anak sekolah dasar. Jenis penelitian ini dilakukan dengan desain cross sectional, pengambilan sampel dilakukan dengan metode *proportional stratified random sampling*, dengan jumlah sampel 47 siswa. Jenis Data yang dikumpulkan yaitu data primer, dilakukan dengan menggunakan metode kuesioner pengetahuan, form recall 2x24 jam dan klasifikasi status gizi diperoleh dari hasil pengukuran (BB dan TB) berdasarkan indikator IMT/U dan data sekunder diperoleh di instansi yang terkait, nutrisurvey.

Hasil penelitian menunjukkan bahwa tidak ada hubungan antara pengetahuan gizi terhadap status gizi anak sekolah dasar ( $P=0,117$ ), ada hubungan antara tingkat konsumsi energi terhadap status gizi anak sekolah dasar ( $P=0,000$ ), ada hubungan antara tingkat konsumsi protein terhadap status gizi anak sekolah dasar ( $P=0,016$ ). Dari hasil penelitian disarankan kepada siswa agar mengkonsumsi makanan yang bervariasi dan bergizi, dan kepada peneliti lain untuk meneliti lebih lanjut pada variabel yang berbeda.

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Kata Kunci : *Anak Sekolah Dasar, Tingkat Konsumsi Energi Protein, Status Gizi*

**RELATIONSHIP OF NUTRITION KNOWLEDGE AND PROTEIN  
ENERGY CONSUMPTION LEVEL TOWARDS NUTRITION STATUS OF  
STUDENTS AT SDN PACARKEKING V SURABAYA**

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**ABSTRACT**

School-aged children are national investment because children are the successor of national next generation. The future quality of the nation is determined by the quality of children at this time. Attempting in which to improve human resources must be done early and systematically. The growth of optimal school-age children depends on the provision of nutrition with good quality and proper quantity

This study aims to determine the relationship between nutritional knowledge and the level of protein energy consumption towards nutritional status of elementary school children. This research is done by using cross sectional design type, sampling is done by *Proportional stratified random sampling* method with a sample size of 47 students. Types of data collected were primary data, using knowledge questionnaire method, 2x24 hour recall form and nutritional status classification, which is obtained from measurement result (BB and TB) based on IMT / U indicator and secondary data, which is obtained from related instance, nutrisurvey.

The results showed that there was no correlation between nutritional knowledge towards nutritional status of elementary school children ( $P = 0,117$ ), there was correlation between energy consumption level towards nutritional status of elementary school children ( $P = 0,000$ ), there was correlation between protein consumption level towards nutritional status of elementary school children ( $P = 0.016$ ). From the results of the study, which is suggested for the students to consume various and nutritious foods and for the other researchers to do further examination on different variables.

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Keywords : *Elementary School Children, Protein Energy Consumption Level, Nutritional Status*