

HUBUNGAN SOSIAL EKONOMI KELUARGA DENGAN KETERSEDIAAN MAKANAN SUMBER PROTEIN ANAK SEKOLAH DI SD NEGERI KRATON 4 BANGKALAN

ABSTRAK

(Della Kaulika)

Sosial ekonomi adalah suatu keadaan keluarga dilihat dari pendidikan orang tua, pekerjaan orang tua, pendapatan keluarga, jumlah anggota keluarga, dan besarnya biaya hidup keluarga untuk bahan pangan. Sosial ekonomi yang baik akan memberikan dampak yang baik pula terhadap asupan makanan seseorang. Dimana diketahui bahwa asupan makanan yang baik merupakan dampak dari ketersediaan makanan yang baik. Asupan yang seimbang antara karbohidrat, protein, lemak, vitamin dan mineral akan mendukung proses pertumbuhan anak. Berdasarkan sumbernya ada 2 macam sumber protein yakni protein hewani dan protein nabati. Sehingga sosial ekonomi keluarga yang baik akan mempengaruhi kemampuan keluarga tersebut dalam menyediakan asupan makanan yang baik untuk anaknya. Tujuan Penelitian ini adalah untuk mengetahui hubungan sosial ekonomi keluarga dengan ketersediaan makanan sumber protein anak sekolah di SD Negeri Kraton 4 Bangkalan tahun 2016.

Penelitian ini merupakan penelitian analitik dan menggunakan metode *Cross Sectional*. Populasi adalah seluruh siswa kelas 4 dan kelas 5 di SD Negeri Kraton 4 Bangkalan dan sampel yang digunakan sebanyak 33 responden dengan menggunakan sistem random sampling.

Dari hasil uji statistik *Korelasi Spearman* diketahui bahwa terdapat hubungan antara sosial ekonomi keluarga dengan ketersediaan makanan sumber protein anak sekolah ($p=0,077 < \alpha=0,1$).

Ada hubungan antara sosial ekonomi keluarga dengan ketersediaan makanan sumber protein anak sekolah. Diharapkan kepada responden agar mencari informasi seputar makanan yang sehat dengan harga terjangkau utamanya makanan sumber protein.

Kata Kunci : *Sosial Ekonomi, Ketersediaan Makanan Sumber Protein, Anak Sekolah*

**THE RELATIONS OF FAMILY'S SOCIO ECONOMIC WITH THE
AVAILABILITY OF SCHOOL CHILDREN'S FOOD SOURCES OF
PROTEIN IN STATE ELEMENTARY SCHOOL OF KRATON 4
BANGKALAN**

ABSTRACT

(Della Kaulika)

Socio economic is a family state that has been seen from parental education, occupation of parents, family income, number of family members, and the cost of living for a family's foodstuffs. A good socio economic will give a good impact too on someone's food intake. Where it is known that the intake of good food is the impact of the availability of good food. A balanced intake of carbohydrates, proteins, fats, vitamins and minerals will support the child's growth process. Based on its source there are two kinds of protein sources, they are animal protein and vegetable protein. So a good family's socio economic will affect the family's ability to provide food intake which is good for their children. The purpose of this study is to determine the relationship of family's socio economic with the availability of school children's food sources of protein in state elementary school of Kraton 4 Bangkalan in 2016.

This research is an analytic and uses Cross Sectional method. The population is all students in 4th grade and 5th grade in state elementary school of Kraton 4 Bangkalan and the samples that were used as a total of 33 respondents using random sampling system.

From the statistical test of Spearman Correlations is known that there is a relationship between family's socio economic with the availability of food sources of protein school children ($p = 0.077 < \alpha = 0.1$).

There is a relationship between family's socio economic with the availability of food sources of protein school children. It is expected to the respondents to look for the information about affordable prices healthy food especially for food source of protein.

Keywords: Socio economic, The Availability of Food Sources of Protein, School Children