

**HUBUNGAN KECUKUPAN ASUPAN ENERGI DAN PROTEIN
SARAPAN DENGAN KEMAMPUAN MOTORIK HALUS ANAK
PRASEKOLAH DI TK PGRI SABILILLAH KELAS B
KECAMATAN SEMANDING KABUPATEN TUBAN**
(Studi Kualitatif di TK PGRI Sabilillah Kecamatan Semanding Kabupaten Tuban)

ABSTRAK

Sarapan merupakan salah satu kegiatan dalam memenuhi asupan gizi. Untuk melakukan sebuah aktivitas, sarapan sangat berperan penting didalamnya karena untuk memenuhi sebagian yaitu 25% kebutuhan gizi harian. Sarapan salah satu faktor yang mempengaruhi kemampuan seseorang termasuk pada anak. Tujuan penelitian ini adalah untuk mengetahui hubungan kecukupan asupan energi dan protein sarapan dengan kemampuan motorik halus anak prasekolah di TK PGRI Sabilillah Kelas B Kecamatan Semanding Kabupaten Tuban.

Penelitian ini merupakan studi observasional dengan design penelitian *cross sectional*. Populasi adalah seluruh anak didik kelas B TK PGRI Sabilillah yang aktif menempuh pendidikan prasekolah di TK PGRI Sabilillah tahun ajaran 2015-2016 sejumlah 47 anak. Diambil sampel sebanyak 32 anak dengan menggunakan sistem random sampling.

Dari hasil uji statistik korelasi pearson diketahui bahwa ada hubungan antara kecukupan asupan energi sarapan dengan kemampuan motorik halus anak di TK PGRI Sabilillah ($p = 0,089 < 0,1$) dan ada hubungan antara kecukupan asupan protein sarapan dengan kemampuan motorik halus anak di TK PGRI Sabilillah ($p = 0,017 < 0,1$).

Dengan demikian maka dapat disimpulkan bahwa ada hubungan antara kecukupan asupan energi dan protein sarapan dengan kemampuan motorik halus anak. Sehingga disarankan agar membiasakan sarapan sebelum jam 9 dan mengonsumsi sarapan yang bergizi, seimbang dan beranekaragam untuk memenuhi kebutuhan anak.

Kata Kunci: Anak Prasekolah, Motorik halus, Sarapan

THE RELATIONSHIP BETWEEN ENOUGH ENERGY AND PROTEIN INTAKES OF BREAKFAST AND THE SOFT MOTOR ABILITY OF THE STUDENTS OF PRESCHOOL (TK) PGRI SABILILLAH CLASS B IN SEMANDING TUBAN

(Quantitative study in preschool (TK) PGRI Sabilillah Semanding Tuban)

ABSTRACT

Breakfast is an activity to get proper nutrients. To do the activity, breakfast is quite essential because it is really needed to fill 25% of daily nutrient need. Breakfast is one of the factors which influences the ability, including children. The purpose of the study is to know the relationship between enough energy and protein intakes of breakfast and the soft motor ability of the students of preschool (TK) PGRI Sabilillah class b in Semanding Tuban.

The researcher uses the observasional and cross sectional method. The population is all of the students of preschool (TK) B PGRI Sabilillah studying in period 2015-2016. The researcher takes 32 students by using random sampling system.

From the result of the statistic test with Pearson correlation, it is known that there is relationship between enough breakfast energy intakes and the soft motor ability of the students in preschool (TK) PGRI Sabilillah($p = 0,089 < 0,1$) and also there is relationship between enough breakfast protein intakes and the soft motor ability of the students in preschool (TK) PGRI Sabilillah.

From that, it can be concluded that there is a relationship between enough energy and protein intakes of breakfast and the soft motor ability of the children. It is suggested to make the children get used to having breakfast before 9 Am and consuming various nutritious meal for breakfast to fill children' nutritional need.

Key word : Preschool, Sotf Motor, Breakfast