

HUBUNGAN KEBIASAAN SARAPAN DENGAN STATUS GIZI ANAK SEKOLAH PADA MASA PANDEMI COVID-19 DI SDN KEDUNGBANTENG KABUPATEN SIDOARJO

ABSTRAK

Latar Belakang : Sejak masuknya kondisi pandemi Covid-19 pada Maret 2020 di Indonesia telah memberikan banyak perubahan pada komunitas masyarakat. Status gizi merupakan kondisi kesehatan yang diakibatkan oleh keseimbangan antara asupan zat gizi dan kebutuhan gizi tubuh. Salah satu upaya yang dapat dilakukan untuk menjaga kesehatan dan status gizi yang baik yaitu dengan membiasakan sarapan pagi. Namun, faktanya masyarakat Indonesia masih banyak yang belum membiasakan sarapan pagi. **Tujuan :** untuk mengetahui hubungan antara kebiasaan sarapan dengan status gizi pada anak sekolah saat pandemi Covid-19. **Metode :** Desain penelitian ini menggunakan desain *cross sectional*. Penelitian ini dilaksanakan di SDN Kedungbanteng Kabupaten Sidoarjo. Subjek yang digunakan sebanyak 47 anak sekolah dan diperoleh dengan metode *proportionate stratified random sampling*. Data yang dikumpulkan meliputi kebiasaan sarapan yang diperoleh dari wawancara menggunakan *Form SQ-FFQ* dan status gizi yang diperoleh dari pengukuran TB dan penimbangan BB kemudian ditentukan berdasarkan hasil *z-score* dengan indeks IMT/U. Data dianalisis menggunakan uji statistik korelasi *spearman*. **Hasil :** Berdasarkan data penelitian menunjukkan bahwa sebagian besar anak sekolah di SDN Kedungbanteng memiliki status gizi baik sebanyak 32 anak (68,1%). Namun, masih terdapat anak sekolah yang obesitas yaitu sebanyak 5 anak (10,6%). Sebagian besar anak sekolah memiliki kebiasaan sarapan baik sebanyak 25 anak (53,2%) dengan asupan energi, lemak, karbohidrat sarapan defisit dan asupan protein sarapan berlebih. Secara statistik, uji korelasi antara kebiasaan sarapan dengan status gizi anak sekolah didapatkan nilai *p* sebesar 0,104. **Kesimpulan :** Tidak terdapat hubungan antara kebiasaan sarapan dengan status gizi anak sekolah pada masa pandemi covid-19 di SDN Kedungbanteng Kabupaten Sidoarjo.

Kata kunci : Pandemi covid-19, status gizi, sarapan, anak sekolah

THE RELATIONSHIP BREAKFAST HABITS WITH NUTRITIONAL STATUS SCHOOL CHILDREN DURING THE COVID-19 PANDEMIC AT SDN KEDUNGBANTENG SIDOARJO DISTRICTS

ABSTRACT

Background: Since the entry of the Covid-19 pandemic in March 2020 in Indonesia, there have been many changes in the community. Nutritional status is a health condition caused by a balance between nutrient intake and the body's nutritional needs. One of the efforts that can be done to maintain good health and nutritional status is to get used to breakfast. However, the fact is that there are still many Indonesian people who have not gotten used to breakfast. **Objective:** to determine the relationship between breakfast habits and nutritional status in school children during the Covid-19 pandemic. **Methods:** The design of this study used a cross sectional design. This research was conducted at SDN Kedungbanteng Sidoarjo Districts. The subjects used were 47 children and obtained by the method of proportionate stratified random sampling. The data collected includes breakfast habits obtained from interviews using Form SQ-FFQ and nutritional status obtained from height measurements and weight weighing and then determined based on the results of the z-score with BMI/U index. Data analysis using Spearman correlation statistical test. **Result:** Based on research data, it shows that most of the school children in SDN Kedungbanteng have good nutritional status as many as 32 children (68.1%). However, there are still obese school children as many as 5 children (10.6%). Most of the school children have good breakfast habits as many as 25 children (53.2%) with intake of energy, fat, carbohydrate breakfast deficit and excess intake of protein for breakfast. Statistically, the correlation test between breakfast habits and the nutritional status of school children obtained a p-value of 0.104. **Conclusion:** There is no relationship between breakfast habits and the nutritional status of school children during the COVID-19 pandemic at SDN Kedungbanteng, Sidoarjo Districts

Keywords : Covid-19 pandemic, nutritional status, breakfast, school children