

GAMBARAN KESESUAIAN PORSI MAKAN ISI PIRINGKU DAN TINGKAT KONSUMSI DENGAN KEJADIAN STATUS GIZI KURUS SISWA KELAS V DI SDN KERTAJAYA I SURABAYA

ABSTRAK

Status gizi kurus merupakan gabungan dari kurus dan sangat kurus (*wasting*). Menurut *World Health Organization* (2015), bahwasanya prevalensi kekurusan pada anak di dunia sekitar 14,3% dengan jumlah anak yang mengalami kekurusan sebanyak 95,2 juta anak. Tujuan dari penelitian ini adalah mengetahui gambaran kesesuaian porsi makan isi piringku dan tingkat konsumsi dengan kejadian status gizi kurus siswa kelas V di SDN Kertajaya I Surabaya.

Jenis penelitian pada penelitian ini *observasional deskriptif* dengan desain *cross sectional study*. Populasi penelitian adalah siswa kelas 5 di SDN Kertajaya I Surabaya dan sampel sebanyak 23 siswa dengan status gizi kurus dan sangat kurus. Metode pengumpulan data menggunakan pengukuran antropometri, pengamatan porsi makan dan tingkat konsumsi.

Hasil penelitian ini menunjukkan bahwa siswa memiliki status gizi kurus 86,9% dan sangat kurus 13,04%. Keseluruhan responden memiliki porsi makan yang tidak sesuai dengan isi piringku. Pada tingkat konsumsi energi 69,5% pada kategori kurang, tingkat konsumsi protein 47,8% pada kategori kurang, tingkat konsumsi lemak 57,2% pada kategori sangat kurang dan tingkat konsumsi karbohidrat 83% pada kategori sangat kurang.

Kesimpulan dari penelitian ini adalah kesesuaian porsi makan isi piringku pada siswa seluruhnya tidak sesuai, status gizi siswa tertinggi pada status gizi kurus dan siswa dengan status gizi kurus cenderung memiliki tingkat konsumsi kurang dan porsi makan yang tidak sesuai. Saran penelitian ini ditujukan untuk siswa, orang tua siswa, sekolah dan peneliti selanjutnya sebagai informasi, memberikan edukasi, dan motivasi agar siswa mengonsumsi makanan sesuai pedoman isi piringku dan gizi seimbang.

Kata Kunci: Porsi Makan Isi Piringku, Tingkat Konsumsi, Status Gizi Kurus

**DESCRIPTION OF FITNESS PORTION ISI PIRINGKU AND
CONSUMPTION LEVELS WITH THE EVENT OF A SKIN NUTRITION
STATUS FIFTH GRADE STUDENTS IN
SDN KERTAJAYA I SURABAYA**

ABSTRACT

Thin nutritional status is a combination of thin and very thin (wasting). According to the World Health Organization (2015), the prevalence of carelessness in children around the world is around 14.3% with the number of children experiencing carelessness of 95.2 million children. The purpose of this study was to determine the appropriateness of the portion of the meal contents of my plate and the level of consumption with the incidence of underweight nutritional status of fifth grade students at SDN Kertajaya I Surabaya.

The type of research in this research is descriptive observational with cross sectional study design. The study population was grade 5 students at SDN Kertajaya I Surabaya and a sample of 23 students have thin nutritional and very thin nutritional. Data collection methods using anthropometric measurements, observations of food portions and consumption levels.

The results of this study indicate that students have a thin nutritional status of 86.9% and 13.04% very thin. Overall respondents have a portion of food that is not in accordance with the contents of my plate. At the level of energy consumption 69.5% in the less category, the level of protein consumption 47.8% in the less category, the level of fat consumption 57.2% in the very less category and the level of carbohydrate consumption 83% in the very less category.

The conclusion of this study is the appropriateness of the portion of the meal contents of my plate in all students is not appropriate, the highest nutritional status of students in thin nutritional status and students with thin nutritional status tend to have less consumption levels and portions of food that are not appropriate. Suggestions of this research are aimed at students, parents, schools and further researchers as information, provide education, and motivation so that students consume food according to the guidelines for the contents of my plate and balanced nutrition. Keywords: Eating Portion of My Dish, Consumption Level, Thin Nutritional Status

Keywords: Isi Piringku Eating Portion, Consumption Level, Skinny Nutritional Status