

# HUBUNGAN ASUPAN ZAT GIZI MAKRO DENGAN STATUS GIZI PADA SISWA KELAS 5 DI UPT SDN 74 GRESIK

## ABSTRAK

**Latar Belakang :** Status Gizi adalah suatu ukuran mengenai kondisi tubuh seseorang yang dapat dilihat dari makanan yang dikonsumsi dan penggunaan zat – zat gizi di dalam tubuh. Pada usia anak sekolah khususnya memasuki masa pra remaja, asupan makanan yang buruk menjadi penyebab umum masalah gizi pada anak sekolah. Konsumsi makanan berpengaruh terhadap status gizi seseorang. Status gizi baik atau status gizi optimal terjadi bila tubuh memperoleh cukup zat gizi yang digunakan secara efisien, sehingga memungkinkan pertumbuhan fisik, perkembangan otak, kemampuan kerja dan kesehatan secara umum pada tingkat setinggi mungkin. **Tujuan Penelitian :** mengetahui hubungan asupan zat gizi makro dengan status gizi pada siswa kelas 5 di UPT SDN 74 Gresik. **Metode Penelitian :** studi observasional analitik dengan desain cross sectional. Sampel penelitian adalah seluruh siswa kelas 5 di UPT SDN 74 Gresik. Besar populasi pada penelitian ini sebanyak 32 anak. Hasil Penelitian, didapatkan asupan protein dari 32 responden sebagian besar berkategori defisit sebanyak 21 anak (53,1%), kategori normal sebanyak 6 anak (18,8%) dan kategori lebih sebanyak 5 anak (28,1%). diketahui asupan lemak dari 32 responden sebagian besar berkategori normal sebanyak 17 anak (65,6%), kategori defisit sebanyak 6 anak (18,8%) dan kategori lebih sebanyak 9 anak (15,6%). diketahui asupan karbohidrat dari 32 responden sebagian besar berkategori defisit sebanyak 25 anak (78,1%), kategori normal sebanyak 6 anak (18,8%) dan kategori lebih sebanyak 1 anak (3,1%). **Kesimpulan :** prevalensi usia terbanyak yaitu 11 tahun, dan berjenis kelamin laki – laki. Diperlukan upaya dari orang tua untuk lebih memerhatikan pola asupan makan anak sejak dini.

Kata kunci : Asupan Zat Gizi Makro, Status Gizi, Siswa Sekolah Dasar

# **THE RELATIONSHIP OF MACRO NUTRITIONAL INTAKE WITH NUTRITIONAL STATUS IN CLASS 5 STUDENTS AT UPT SDN 74 GRESIK**

## **ABSTRACT**

**Background,** Nutritional Status is a measure of a person's body condition which can be seen from the food consumed and the use of nutrients in the body. At the age of school children, especially entering the pre-adolescence period, poor food intake is a common cause of nutritional problems in school children. Food consumption affects a person's nutritional status. Good nutritional status or optimal nutritional status occurs when the body gets enough nutrients that are used efficiently, thus enabling physical growth, brain development, work ability and general health at the highest possible level. **Research Objectives** : this study is to determine the relationship between macronutrient intake and nutritional status in 5th grade students at UPT SDN 74 Gresik. **Research Method** : included in an analytical observational study with a cross sectional design. The research sample was all 5th grade students at UPT SDN 74 Gresik. The population in this study was 32 children. The results showed that the protein intake of 32 respondents was mostly in the deficit category as many as 21 children (53.1%), the normal category as many as 6 children (18.8%) and the more category as many as 5 children (28.1%). it is known that the fat intake of 32 respondents was mostly in the normal category as many as 17 children (65.6%), in the deficit category as many as 6 children (18.8%) and in the more category as many as 9 children (15.6%). it is known that the carbohydrate intake of the 32 respondents was mostly in the deficit category as many as 25 children (78.1%), the normal category as many as 6 children (18.8%) and the more category as many as 1 child (3.1%). **Conclusions** : the highest age prevalence is 11 years, and it is male. Efforts are needed from parents to pay more attention to children's eating patterns from an early age.

**Keywords** : Macro Nutrient Intake, Nutritional Status, Elementary School Students