GAMBARAN PENGETAHUAN GIZI, POLA MAKAN DAN STATUS GIZI

SISWA UPT SMP NEGERI 25 GRESIK

DI MASA PANDEMI COVID-19

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ABSTRAK

Latar belakang: Status gizi merupakan suatu kondisi keseimbangan antara asupan gizi yang masuk dengan kebutuhan gizi yang diperlukan oleh tubuh. Berdasarkan survey pendahuluan yang dilakukan didapatkan hasil dari wawancara secara langsung bahwa 80% siswa belum mengetahui tentang pengetahuan gizi. Hasil studi pendahuluan status gizi didapatkan hasil 20% Gemuk, 52% normal, dan 28% kurus. Salah satu faktor yang mempengaruhi status gizi adalah pengetahuan dan juga pola makan. **Tujuan penelitian**: Untuk menggambarkan pengetahuan gizi, pola makan, dan status gizi di masa pandemi Covid-19. **Metode penelitian:** Penelitian bersifat kuantitatif deskriptif. Teknik sampling menggunakan *propotional random sampling* dengan jumlah responden 60 siswa. Pengumpulan data menggunakan pengisian kuisioner dan wawancara *SQ-FFQ*. Hasil analisis data berupa tabel distribusi frekuensi dan tabulasi silang. **Hasil penelitian:** Tingkat pengetahuan gizi responden berkategori baik dan cukup (45%), pola makan responden berkategori kurang baik (68,7%) dan status gizi responden berkategori baik (71,7%). **Kesimpulan:** Sebagian besar responden memiliki pengetahuan yang baik dan cukup serta pola makan yang kurang baik dengan status gizi sebagian responden yang tergolong baik.

Kata kunci: pengetahuan gizi, pola makan, status gizi.

DESCRIPTION OF NUTRITIONAL KNOWLEDGE, DIETING AND NUTRITIONAL STATUS STUDENTS OF UPT SMP STATE 25 GRESIK IN THE TIME OF THE COVID-19 PANDEMIC

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ABSTRACT

Bacground: Nutritional status is a condition of balance between nutritional intake and nutritional needs required by the body. Based on the preliminary survey conducted, it was found from direct interviews that 80% of students did not know about nutrition knowledge. The results of a preliminary study on nutritional status showed that 20% were fat, 52% normal, and 28% thin. One of the factors that affect nutritional status is knowledge and food pattern. **Objective:** To describe nutritional knowledge, food pattern, and nutritional status during the Covid-19 pandemic. **Method:** The research is descriptive quantitative. The sampling technique used proportional random sampling with the number of respondents 60 students. Collecting data using questionnaires and SQ-FFQ interviews. The results of data analysis in the form of a frequency distribution table and cross tabulation. **Results:** the level of knowledge on nutrition of the respondents was categorized as good and sufficient (45%), the respondent's food pattern was categorized as poor (68.7%) and the nutritional status of the respondent was categorized as good (71.7%). **Conclusion:** Most of the respondents have good and sufficient knowledge and poor eating patterns with the nutritional status of some respondents classified as good.

Keywords: nutritional knowledge's, food pattern, nutritional status