

GAMBARAN POLA MAKAN, AKTIVITAS FISIK, DAN STATUS GIZI SISWA KELAS 5 DI MI DARUN NAJAH KLOPOSEPULUH SIDOARJO

ABSTRAK

Latar Belakang, Makanan yang dikonsumsi dalam jumlah dan kualitas yang tepat memiliki pengaruh besar terhadap pertumbuhan dan perkembangan yang optimal. Riset Kesehatan Dasar (Riskesdas) Kementerian Kesehatan tahun 2018 mengungkapkan, menurut indeks IMT/U, 2,4% anak usia 5 hingga 12 tahun berstatus gizi sangat kurus, 6,8% kurus, 10,8% gemuk, dan 9,2% obesitas. Sementara itu, indeks IMT/U menunjukkan anak usia 5-12 tahun di Jawa Timur memiliki status gizi sangat kurus 2,23%, kurus 5,81%, gemuk 13,19%, dan obesitas 11,08%. **Tujuan Penelitian,** Mengetahui gambaran pola makan, aktivitas fisik, dan status gizi siswa kelas 5 MI Darun Najah Kloposepuluh Sidoarjo. **Metode Penelitian,** Penelitian ini menggunakan penelitian deskriptif. Pengumpulan data dengan melakukan wawancara terkait pola makan, aktivitas fisik, dan melakukan pengukuran tinggi antropometri untuk mengetahui status gizi berdasarkan IMT/U. **Hasil Penelitian,** Persentase siswa berdasarkan frekuensi konsumsi makanan pokok (90,2%), frekuensi konsumsi protein hewani (63,4%), frekuensi konsumsi protein nabati (58,5%), frekuensi konsumsi sayuran (51,2%), frekuensi konsumsi buah-buahan (56,1%), frekuensi konsumsi lain-lain (43,9%), jenis konsumsi makanan pokok (100%), jenis konsumsi protein hewani (24,4%), jenis konsumsi protein nabati (22%), jenis konsumsi sayuran (43,9%), jenis konsumsi buah-buahan (34,1%), jenis konsumsi lain-lain (43,9%), aktivitas fisik sangat ringan (58,5%), aktivitas fisik sedang (22%), aktivitas fisik berat (19,5%), status gizi kurang (4,9%), status gizi baik (61%), status gizi lebih (19,5%), status gizi obesitas (14,6%). **Kesimpulan,** sebagian besar frekuensi konsumsi makanan pokok termasuk kategori sering dikonsumsi, protein hewani, protein nabati, sayuran, buah-buahan, dan lain-lain termasuk kategori kadang-kadang dikonsumsi, melakukan aktivitas fisik ringan, dan status gizi normal. **Saran,** Disarankan bagi siswa siswi dapat memperbaiki pola makan dengan mengonsumsi sayur dan buah dalam makanan sehari-hari dan dapat membiasakan diri untuk menyeimbangkan antara konsumsi protein hewani dan protein nabati.

Kata Kunci : Pola makan, Aktivitas fisik, Status gizi

DESCRIPTION OF EATING PATTERNS, PHYSICAL ACTIVITY, AND NUTRITIONAL STATUS OF 5TH GRADE STUDENTS AT MADRASAH IBTIDAIYAH DARUN NAJAH, KLOPOSEPULUH, SIDOARJO

ABSTRACT

Background, Foods consumed in the right amount and quality have a great influence on optimal growth and development. The Ministry of Health's Basic Health Research (Riskesdas) in 2018 revealed, according to the BMI/U index, 2.4% of children aged 5 to 12 years had very thin nutritional status, 6.8% were thin, 10.8% were obese, and 9.2% were obesity. Meanwhile, the BMI/U index shows that children aged 5-12 years in East Java have a nutritional status of 2.23% very thin, 5.81% thin, 13.19% obese, and 11.08% obese. **Research Objectives,** Knowing the description of diet, physical activity, and nutritional status of grade 5 MI Darun Najah Klopoten Sidoarjo. **Research Methods,** This research uses descriptive research. Collecting data by conducting interviews regarding diet, physical activity, and measuring height and weight to determine nutritional status based on BMI/U. **Research results,** The percentage of students based on the frequency of consumption of staple foods (90.2%), frequency of consumption of animal protein (63.4%), frequency of consumption of vegetable protein (58.5%), frequency of consumption of vegetables (51.2%), frequency of consumption of fruits (56.1%), frequency of other consumption (43.9%), type of staple food consumption (100%), type of consumption of animal protein (24.4%), type of consumption of vegetable protein (22%), types of consumption of vegetables (43.9%), types of consumption of fruits (34.1%), types of other consumption (43.9%), very light physical activity (58.5%), moderate physical activity (22%), strenuous physical activity (19.5%), undernutrition status (4.9%), good nutritional status (61%), overnutrition status (19.5%), obesity nutritional status (14.6 %). **In conclusion,** most of the frequency of staple food consumption was included in the category often consumed, animal protein, vegetable protein, vegetables, fruits, etc. included in the category sometimes consumed, doing light physical activity, and normal nutritional status. **Suggestion,** It is recommended that students can improve their diet by consuming vegetables and fruit in their daily diet and can get used to balancing consumption of animal protein and vegetable protein.

Keywords: Diet, physical activity, nutritional status