

**HUBUNGAN STATUS SOSIAL EKONOMI ORANG TUA  
DENGAN PERILAKU KONSUMSI BUAH DAN SAYUR  
PADA SISWA SMPN 2 BANGKALAN**

Oleh

Khozainatul Ismi

**ABSTRAK**

**Latar Belakang.** Berdasarkan Riskesdas Provinsi Jawa Timur ditemukan bahwa 10,7% penduduk di Indonesia tidak mengonsumsi sayur dan buah dikarenakan kesadaran yang masih kurang. Pola konsumsi anak-anak dipengaruhi oleh status sosial ekonomi keluarga. Status sosial ekonomi seseorang dipengaruhi oleh pendidikan, pekerjaan, dan pendapatan. **Tujuan Penelitian.** Untuk menganalisis hubungan antara status sosial ekonomi orang tua dengan perilaku konsumsi buah dan sayur pada siswa SMPN 2 Bangkalan. **Metode.** Desain penelitian *cross sectional*. Sampel penelitian 44 siswa. Teknik pengambilan data menggunakan kuesioner FFQ. Penelitian dilakukan dari bulan November 2022 sampai Maret 2023. Analisis statistik menggunakan uji spearman. **Hasil.** Perilaku konsumsi buah dan sayur pada siswa kurang (61,4%). Berdasarkan analisis bivariat diketahui bahwa pendidikan ayah (*p-value* 0,764), pendidikan ibu (*p-value* 0,414), pekerjaan ayah (*p-value* 0,478), pekerjaan ibu (*p-value* 0,440), pendapatan ayah (*p-value* 0,251), pendapatan ibu (*p-value* 0,128), jumlah anggota keluarga (*p-value* 0,869). **Kesimpulan.** Tidak ada hubungan yang signifikan antara status sosial ekonomi orangtua dengan perilaku konsumsi buah dan sayur pada siswa. Pihak sekolah dapat melakukan kegiatan untuk meningkatkan kesadaran pentingnya mengonsumsi sayur dan buah.

**Kata kunci :** status sosial, perilaku konsumsi, buah dan sayur

***CORRELATION OF PARENTS SOSIOECONOMIC STATUS  
WITH FRUITS AND VEGETABLES CONSUMPTION BEHAVIOR  
OF SMPN 2 BANGKALAN STUDENTS***

By

Khozainatul Ismi

***ABSTRACT***

**Background.** Based on the Riskesdas of East Java Province, it was found that 10.7% of the population in Indonesia does not consume fruits and vegetables due to insufficient awareness. The dietary pattern of children is influenced by their family's socioeconomic status, which is determined by education, occupation, and income. **Research Objective.** The aim of this study is to analyze the relationship between parents' socioeconomic status and the behavior of fruit and vegetable consumption among students at SMPN 2 Bangkalan. **Method.** This research adopts a cross-sectional design with a sample of 44 students. Data were collected using the FFQ questionnaire. The study was conducted from November 2022 to March 2023. Statistical analysis was performed using the Spearman test. **Results.** The behavior of fruit and vegetable consumption among students was found to be inadequate (61.4%). Based on bivariate analysis, it was observed that father's education (p-value 0.764), mother's education (p-value 0.414), father's occupation (p-value 0.478), mother's occupation (p-value 0.440), father's income (p-value 0.251), mother's income (p-value 0.128), and the number of family members (p-value 0.869) showed no significant correlation. **Conclusion.** There is no significant relationship between parents' socioeconomic status and the behavior of fruit and vegetable consumption among students. The school authorities can implement activities to raise awareness about the importance of consuming fruits and vegetables.

**Keywords :** social status, consumption behavior, fruits and vegetables