# HUBUNGAN PENGETAHUAN GIZI SEIMBANG DAN KONSUMSI SAYUR BUAH DENGAN STATUS GIZI (IMT/U) PADA SISWA SDN PLOSO I SURABAYA

## ABSTRAK

Berbagai masalah gizi dan kesehatan dapat terjadi karena kurangnya pengetahuan mengenai gizi seimbang. Sayur dan buah merupakan sumber vitamin, mineral dan serat namun anak usia sekolah umumnya kurang konsumsi sayur dan buah. Riskedas (2018), menyatakan masalah kurang konsumsi sayur dan buah pada penduduk umur ≥5 tahun sebesar 95,4%. Padahal sayur dan buah merupakan salah satu bagian penting dalam mewujudkan gizi seimbang.

Tujuan penelitian ini untuk mengetahui hubungan pengetahuan gizi seimbang dan konsumsi sayur buah dengan status gizi (IMT/U) pada siswa SDN Ploso I Surabaya.

Jenis penelitian *analitik observasional* dengan pendekatan *cross sectional study*. Penelitian dilaksanakan di SDN Ploso I Surabaya pada bulan Januari 2020 dengan jumlah sampel 51 responden kelas 4 dan 5 dengan *proportionate stratified random sampling*. Data identitas dan pengetahuan diperoleh menggunakan kuesioner, data konsumsi sayur buah dengan *form recall* 2x24 jam, dan data antropometri menggunakan timbangan digital dan microtoa. Data yang terkumpul diolah dan dianalisis dengan menggunakan (*Uji Spearman*).

Tingkat pengetahuan gizi seimbang cukup (43,14%), konsumsi sayur kurang (94,20%), konsumsi buah cukup (70,59%), dan status gizi normal (54,90%). Ada hubungan tingkat pengetahuan gizi seimbang dengan status gizi (*p-value* = 0,046), tidak ada hubungan konsumsi sayur dengan status gizi (*p-value* = 0,646), ada hubungan konsumsi buah dengan status gizi (*p-value* = 0,04). Semakin rendah pengetahuan gizi seimbang dan konsumsi sayur, maka status gizi semakin gemuk atau obesitas.

Disarankan pihak sekolah untuk mensosialisasikan dan memberi edukasi tentang konsumsi sayur buah dan lauk-pauk yang mengandung protein tinggi.

**Kata Kunci** : Pengetahuan gizi seimbang, konsumsi sayur dan buah, status gizi

# THE RELATION BETWEEN KNOWLEDGE OF BALANCED NUTRITION AND VEGETABLE FRUIT CONSUMPTION OF SDN PLOSO I SURABAYA STUDENTS NUTRITIONAL STATUS (IMT/U)

## ABSTRACT

*Various nutritional and health problems can occur due to lack of knowledge about balanced nutrition. Vegetables and fruits are a source of vitamins, minerals and fiber but school-age children generally consume less vegetables and fruit. Riskedas (2018), stated the problem of lack of consumption of vegetables and fruit in the population aged $\geq 5$ years by 95.4%. Though vegetables and fruit is one important part in creating balanced nutrition.*

*The purpose of this study was to determine the relation between knowledge of balanced nutrition and vegetable fruit consumption of SDN Ploso I Surabaya students nutritional status (IMT/U).*

*This type of observational analytic study with a cross sectional study approach. The study was conducted at SDN Ploso I Surabaya in January 2020 with a sample of 51 class 4 and 5 respondents with proportionate stratified random sampling. Identity and knowledge data were obtained using a questionnaire, fruit consumption data with 2x24 hour recall form, and anthropometric data using digital scales and microtoa. The collected data is processed and analyzed using (Spearman's Test).*

*The level of knowledge of balanced nutrition is sufficient (43.14%), consumption of vegetables is lacking (94.20%), consumption of sufficient fruit (70.59%), and normal nutritional status (54.90%). There is a relationship between balanced nutritional knowledge and nutritional status (p-value = 0.046), there is no relationship between vegetable consumption and nutritional status (p-value = 0.646), there is a relationship between fruit consumption and nutritional status (p-value = 0.04). The lower the knowledge of balanced nutrition and vegetable consumption, the more nutritional status is obese or obese.*

*It is recommended that the school socialize and provide education about consumption of fruits and vegetables which contain high protein.*

**Keywords**: *Knowledge of balanced nutrition, consumption of vegetable and fruit, nutritional status*