

GAMBARAN PENGETAHUAN, PERILAKU, FREKUENSI KONSUMSI JAJANAN DAN STATUS GIZI PADA SISWA KELAS IV DAN V DI MI MUTIARA BUNDA KECAMATAN KENJERAN KOTA SURABAYA

ABSTRAK

Latar Belakang: Anak sekolah memiliki peran penting bagi pembangunan bangsa dimasa mendatang, anak harus diperhatikan terutama dalam Kondisi gizi. Makanan dan minuman yang dibeli juga dapat berkontribusi terhadap asupan nutrisi seseorang. Berdasarkan studi pendahuluan Pengetahuan siswa terhadap konsumsi jajanan 50% berpengetahuan cukup dan 30% berpengetahuan kurang. Perilaku konsumsi jajanan menunjukkan 60% berperilaku cukup dan 30% berperilaku kurang. Untuk status gizi 10% mengalami *underweight* dan 10% mengalami *overweight*. **Tujuan penelitian:** untuk mengidentifikasi deskripsi pengetahuan, perilaku, frekuensi konsumsi camilan, dan kondisi siswa kelas IV dan V di MI Mutiara Bunda. **Metode Penelitian:** Jenis penelitian ini bersifat deskriptif dengan populasi penelitian terdiri dari siswa kelas IV dan V di MI Mutiara Bunda, yang berjumlah 51 siswa. Seluruh 51 siswa ini dijadikan sampel penelitian menggunakan metode sampling jenuh. Pengukuran antropometri, formulir FFQ, dan kuesioner digunakan dalam wawancara untuk mengumpulkan data. **Hasil penelitian:** tingkat pengetahuan terbanyak pada kategori cukup 20 siswa (39,2%), tingkat perilaku pemilihan jajanan terbanyak pada ketegori cukup 32 siswa (62,7%), frekuensi konsumsi jajanan dengan kategori sering sebanyak 24 siswa (47,1%) dan tingkat gizi terbanyak dengan kategori gizi baik sebanyak 43 siswa (84,3%). sedangkan gizi lebih dan gizi kurang masing masing memiliki presentase 5,9%, gizi buruk dan obesitas masing masing memiliki presentase 2%. **Saran:** Para pengajar harus memberikan nasihat kepada para siswa tentang jajanan yang baik dan sehat, dan sekolah harus memilih jajanan yang akan dijual di kantin dengan lebih hati-hati.

Kata Kunci : Anak Sekolah, Pengetahuan, Perilaku Konsumsi Jajanan, Frekuensi, Status Gizi

**DESCRIPTION OF KNOWLEDGE, BEHAVIOUR, FREQUENCY OF
SNACKS CONSUMPTION AND NUTRITIONAL STATUS IN GRADE IV
AND V STUDENTS AT MI MUTIARA BUNDA, KENJERAN VILLAGE,
SURABAYA CITY.**

ABSTRACT

Background: Schoolchildren should be given special consideration when it comes to their dietary needs since they will play a significant role in the future growth of the country.. Food and beverages purchased can also contribute to a person's nutritional intake. Based on preliminary studies, students' knowledge of snack consumption is 50% knowledgeable and 30% knowledgeable. Snack consumption behavior shows 60% behave moderately and 30% behave less. For nutritional status 10% are underweight and 10% are overweight. **The purpose of the study:** to identify the description of knowledge, behavior, frequency of snack consumption, and nutritional status of fourth and fifth grade students at MI Mutiara Bunda. **Research Methods:** This type of research is descriptive with the study population consisting of fourth and fifth grade students at MI Mutiara Bunda, totaling 51 students. All 51 students were sampled using saturated sampling method. Data collection was done through interviews using questionnaires, FFQ forms, and anthropometric measurements. **The results of the study:** the highest level of knowledge in the moderate category was 20 students (39.2%), the highest level of snacks selection behavior in the moderate category was 32 students (62.7%), the frequency of snacks consumption in the frequent category was 24 students (47.1%) and the highest nutritional status in the good nutrition category was 43 students (84.3%). while overnutrition and undernutrition each had a percentage of 5.9%, malnutrition and obesity each had a percentage of 2%. **Suggestion:** Guidance is needed from teachers about snacks that are healthy and good for consumption and schools must be more selective in choosing snacks that will be sold in the school canteen.

Keywords: School Children, Knowledge, Snack Consumption Behaviour, Frequency, Nutritional Status