

HUBUNGAN TINGKAT PENGETAHUAN GIZI, POLA KONSUMSI SARAPAN PAGI DENGAN STATUS GIZI SISWA USIA 10-12 TAHUN MI DAKWATUL KHOIRIYAH KEDIRI

ABSTRAK

Latar Belakang : Anak yang berumur 10 – 12 tahun cenderung memerlukan energi yang besar dibandingkan usia dibawahnya dikarenakan usia tersebut pertumbuhannya lebih cepat dan banyaknya aktivitas yang dilakukan. Pengetahuan tentang gizi dan pola konsumsi sarapan pagi adalah beberapa faktor yang mempengaruhi status gizi. **Tujuan :** Dapat mengetahui hubungan tingkat pengetahuan gizi, pola konsumsi sarapan pagi dengan status gizi siswa usia 10 – 12 tahun di MI Dakwatul Khoiriyah Kediri. **Metode :** Penelitian ini menggunakan pendekatan *cross-sectional* bersifat observasional analitik. Dilakukan di MI Dakwatul Khoiriyah Kediri. Responden sebanyak 40 siswa. Data meliputi tingkat pengetahuan gizi dengan kuesioner, pola konsumsi sarapan pagi melalui wawancara SQ-FFQ, dan status gizi melalui penimbangan berat badan dan tinggi badan lalu dihitung dengan indeks IMT/U. Hasil analisis uji statistik korelasi *spearman*. **Hasil :** Tingkat pengetahuan gizi mayoritas kurang sebanyak 25 responden (62,5 %). Pola konsumsi sarapan pagi mayoritas jarang sejumlah 24 responden (60 %). Status gizi kurang berjumlah 26 responden (65 %). Tabulasi silang 23 anak (57,5 %) memiliki tingkat pengetahuan gizi kurang dan status gizi kurang hasil *p-value* sebesar 0,000 dan *correlation coefficient* sebesar 0,688. Tabulasi silang 23 anak (57,5 %) memiliki pola konsumsi sarapan pagi jarang dan status gizi kurang dengan *p-value* sebesar 0,000 dan *correlation coefficient* 0,812. **Kesimpulan :** Hasil penelitian ini menyimpulkan bahwa terdapat hubungan yang signifikan antara tingkat pengetahuan gizi dan pola konsumsi sarapan pagi dengan status gizi siswa usia 10 – 12 tahun MI Dakwatul Khoiriyah Kediri. **Saran :** Supaya siswa melakukan sarapan setiap hari untuk memenuhi kebutuhan gizi harian sehingga dapat meningkatkan status gizi.

Kata Kunci : *Tingkat Pengetahuan Gizi, Pola Konsumsi Sarapan Pagi, Status Gizi*

**CORRELATION OF THE LEVEL OF NUTRITIONAL
KNOWLEDGE, BREAKFAST CONSUMPTION PATTERNS WITH THE
NUTRITIONAL STATUS OF AGE STUDENTS 10-12 YEARS
MI DAKWATUL KHOIRIYAH KEDIRI**

ABSTRACT

Background: Children aged 10–12 years tend to require a lot of energy compared to those aged below because, at that age, their growth is faster and they carry out many activities. Factors that influence nutritional status, such as nutritional knowledge and breakfast consumption patterns. **Objective:** To determine the relationship between the level of nutritional knowledge, breakfast consumption patterns, and the nutritional status of students aged 10–12 years at MI Dakwatul Khoiriyah Kediri. **Method:** This research uses a cross-sectional, analytical observational approach. Carried out at MI Dakwatul Khoiriyah Kediri. The respondents were 40 students. Data includes the level of nutritional knowledge using questionnaires, breakfast consumption patterns through SQ-FFQ interviews, and nutritional status through measuring body weight and height and then calculating the BMI/U index. Results of the Spearman correlation statistical test analysis. **Results:** The majority of nutritional knowledge levels were less than 25 respondents (62.5%). The majority of breakfast consumption patterns are rarely reported by 24 respondents (60%). Malnutrition status amounted to 26 respondents (65%). A cross-tabulation of 23 children (57.5%) had a level of knowledge about malnutrition and malnutrition status with a p-value of 0.000 and a correlation coefficient of 0.688. Cross tabulation: 23 children (57.5%) had an infrequent breakfast consumption pattern and poor nutritional status with a p-value of 0.000 and a correlation coefficient of 0.812. **Conclusion:** The results of this study conclude that there is a significant relationship between the level of nutritional knowledge and breakfast consumption patterns and the nutritional status of students aged 10–12 years at MI Dakwatul Khoiriyah Kediri. **Suggestion:** So that students have breakfast every day to meet their daily nutritional needs so that they can improve their nutritional status.

Keywords : *Breakfast Habits, Nutritional Knowledge, Nutritional Status*