

**HUBUNGAN PENGETAHUAN, PRAKTIK SARAPAN,
DENGAN SKOR INDEKS MASSA TUBUH MENURUT UMUR (IMT/U)
PADA SISWA KELAS V DI SDN MERI KOTA MOJOKERTO**

ABSTRAK

Latar Belakang: Berdasarkan hasil Riskesdas tahun 2018 memperlihatkan bahwa status gizi berdasarkan IMT/U pada anak usia 5 hingga 12 tahun, 67,7% diantaranya mengalami gizi baik. Tetapi hasil data Riskesdas tahun 2010, hanya 16,9%-50% anak sekolah di Indonesia belum terbiasa untuk sarapan. **Tujuan Penelitian:** Untuk mengetahui hubungan pengetahuan, praktik sarapan, dengan skor IMT/U pada siswa kelas V di SDN Meri Kota Mojokerto. **Metode Penelitian:** Penelitian ini menggunakan penelitian observasional analitik dengan rancangan penelitian menggunakan desain penelitian *Cross Sectional*. Jumlah sampel sebanyak 58 siswa. Teknik pengambilan data wawancara dengan mengisi kuesioner pengetahuan sarapan, kuesioner praktik sarapan, formulir recall 2 kali sarapan, dan data pengukuran antropometri. Penelitian dilakukan bulan Oktober 2023 - Februari 2024, dengan uji *Spearman Rho* untuk analisis statistik. **Hasil Penelitian:** Hasil penelitian menyebutkan pengetahuan dengan kategori baik sebanyak 57 siswa (98,3%), praktik sarapan dengan kategori baik sebanyak 53 siswa (91,4%), asupan energi dengan kategori normal sebanyak 36 siswa (62,1%), asupan protein dengan kategori lebih yaitu sebanyak 36 siswa (62,1%), asupan lemak dengan kategori lebih sebanyak 34 siswa (58,6%), asupan karbohidrat dengan kategori defisit sebanyak 40 siswa (69%), status gizi (IMT/U) dengan kategori baik sebanyak 42 siswa (72,4%). Hasil uji menyimpulkan tidak didapatkan hubungan antara pengetahuan dengan status gizi (IMT/U), $p\ value = 0,707$, dan terdapat hubungan antara praktik sarapan dengan status gizi (IMT/U) $p\ value = 0,012$. **Kesimpulan:** Tidak ada hubungan antara tingkat pengetahuan dengan IMT/U dan ada hubungan antara praktik sarapan dengan IMT/U

Kata kunci: Pengetahuan, Praktik Sarapan, IMT/U

**CORRELATION OF KNOWLEDGE, BREAKFAST PRACTICES, AND
BODY MASS INDEX SCORES ACCORDING TO AGE (BMI/U)
IN CLASS V STUDENTS AT SDN MERI MOJOKERTO**

ABSTRACT

Background: Based on the 2018 Riskesdas results, it shows that the nutritional status based on BMI/U in children aged 5 until 12 years, 67.7% of them are well nourished. However, according to the 2010 Riskesdas data, only 16.9% -50% of school children in Indonesia are not used to breakfast. **Research Objective:** To determine the relationship between knowledge and breakfast practices and BMI/U scores in class V students at SDN Meri, Mojokerto City. **Research Method:** This research uses analytical observational research with a research design using a Cross Sectional research design. The total sample was 58 students. The interview data collection technique involved filling out a breakfast knowledge questionnaire, breakfast practice questionnaire, 2 breakfast recall forms, and measuring anthropometric data. The research was conducted in October 2023 - February 2024, with the Spearman Rho test for statistical analysis. **Research Results:** The results of the study stated that knowledge was in the good category as many as 57 students (98.3%), breakfast practices were in the good category as many as 53 students (91.4%), energy intake was in the normal category as many as 36 students (62.1%), protein intake in the more category was 36 students (62.1%), fat intake in the more category was 34 students (58.6%), carbohydrate intake was in the deficit category as many as 40 students (69%), nutritional status (BMI/U) with a good category of 42 students (72.4%). The test results concluded that there was no relationship between knowledge and nutritional status (BMI/U), p value = 0.707, and there was a relationship between eating breakfast and nutritional status (BMI/U) p value = 0.012. **Conclusion:** There is no relationship between level of knowledge and BMI/U and there is a relationship between breakfast practices and BMI/U

Keywords: Knowledge, Breakfast Practices, BMI/U