

## INTISARI

**Latar Belakang:** Peraturan Menteri Negara Perumahan Rakyat Nomor 9/Permen/M/2008 Pasal 1 menyebutkan bahwa sekolah berasrama merupakan jenis sekolah yang mewajibkan seluruh atau sebagian peserta didiknya untuk tinggal di asrama. Pelayanan makanan di asrama menjadi isu penting untuk diperhatikan bagi remaja di sekolah karena berpengaruh terhadap status gizi dan akan mempengaruhi seluruh aktivitas kegiatan peserta didik (Perdana *et al.*, 2018; Rebecca O’Connell and Julia Brannen, 2021).

**Tujuan:** Penelitian bertujuan untuk menginvestigasi serta mengeksplor kualitas layanan makan berdasarkan prinsip kesetaraan di sekolah berasrama SMA N 1 Sumatera barat.

**Metode:** Desain penelitian yang digunakan adalah Studi kasus dengan menggunakan cara kualitatif. Metode pengumpulan adalah wawancara mendalam (*indepth interview*) dan observasi. Penelitian ini berlokasi di SMA N 1 Sumatera Barat. Penelitian dilaksanakan setelah surat *ethical approval* diterbitkan (Februari - Maret 2024). Penentuan informan dilakukan dengan menggunakan teknik *purposive*.

**Hasil dan Pembahasan:** Tema yang ditemukan adalah “Kualitas layanan makan setara: Siswa tidak mampu terpenuhi kebutuhannya”. Isu ini mengedepankan bahwa siswa kurang mampu terbantu dalam pemenuhan makan sebagai kebutuhan dasar. Adanya perbedaan ketersediaan APBD yang lebih lengkap dibandingkan reguler telah dimaklumi oleh siswa dan seluruh siswa menginginkan keberlanjutan program APBD. Kualitas makan dinilai bagus dan diterima baik oleh siswa didukung oleh adanya peningkatan status gizi siswa kelas XI. Siswa berperan aktif dalam mengevaluasi makan. Katering responsif terhadap keluhan siswa dan koordinator asrama berperan dalam mengawasi makan siswa. Peran komite sekolah, orang tua, dan kepala sekolah berpengaruh terhadap kebijakan pemberian makan di sekolah berasrama.

**Kesimpulan dan Saran:** Program makan di sekolah berasrama berhasil memenuhi kebutuhan dasar siswa, terutama bagi mereka yang menerima bantuan dari program APBD. Pemberian layanan makan di sekolah berasrama berdampak positif terhadap status gizi dan kesehatan siswa kelas XI. Sekolah diharapkan melakukan perencanaan pelayanan makan yang sesuai dengan prinsip gizi seimbang serta menyediakan pelatihan, peningkatan fasilitas, dan evaluasi berkala yang dapat membantu dalam mengoptimalkan layanan makan yang ditawarkan di asrama. Katering dapat melakukan pelatihan dan bekerjasama dengan ahli gizi dalam menyusun menu yang lebih beragam, seimbang, dan menarik yang memenuhi kebutuhan gizi siswa. Perlunya peran ahli gizi dalam perencanaan menu agar makanan yang diberikan di sekolah sesuai dengan prinsip gizi agar tercapainya kesetaraan kesehatan bagi seluruh siswa sesuai kebutuhan.

**Kata kunci:** kesetaraan kesehatan, keterlibatan proaktif, pelayanan makan, remaja, sekolah berasrama

## ABSTRACT

**Background:** Minister of State for Public Housing Regulation No. 9/Permen/M/2008 Article 1 states that boarding schools are a type of school that requires all or some of the students to live in dormitories. Food service in dormitories is an important issue to be considered for adolescents in schools because it affects nutritional status and will affect all of the students' activities (Perdana et al., 2018; Rebecca O'Connell and Julia Brannen, 2021).

**Objective:** The study aims to investigate and explore the quality of meal services based on the principle of equity in the SMAN 1 West Sumatra boarding school.

**Methods:** The research design used is a case study using a qualitative method. The data collection methods are in-depth interviews and observations. This research is located at SMAN 1 West Sumatra. The research was conducted after the ethical approval letter was issued (February - March 2024). Informants were determined using a purposive technique.

**Results and Discussion:** The theme found is "Equal quality of meal service: Underprivileged students' needs are met". This issue highlights that underprivileged students are being assisted in fulfilling their basic need for food. The difference in the availability of regional budgets (APBD) which is more complete compared to regular schools has been understood by the students and all students want the continuation of the APBD program. The quality of the meals is considered good and well-received by the students, supported by an increase in the nutritional status of grade XI students. Students play an active role in evaluating meals. The catering is responsive to student complaints, and the dormitory coordinator plays a role in supervising student meals. The roles of the school committee, parents, and the principal influence the policy of providing meals in boarding schools.

**Conclusions and Recommendations:** The school meal program in boarding schools has succeeded in meeting the basic needs of students, especially for those who receive assistance from the APBD program. The provision of meal services in boarding schools has a positive impact on the nutritional status and health of grade XI students. Schools are expected to provide training, facility improvements, and regular evaluations that can help optimize the meal services offered in dormitories. Catering can provide training and collaborate with nutritionists in developing more diverse, balanced, and attractive menus that meet the nutritional needs of students. The need for the role of nutritionists in menu planning to ensure that the food provided in schools complies with nutritional principles in order to achieve health equity for all students according to their needs.

**Keywords:** adolescents, boarding schools, health equity, meal service, proactive engagement