

HUBUNGAN KEBIASAAN KONSUMSI MAKANAN JAJANAN DAN AKTIVITAS SEDENTARI DENGAN STATUS GIZI (Z-SCORE IMT/U) ANAK SEKOLAH DASAR DI SDN PERCOBAAN 2

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ABSTRAK

Latar Belakang: Prevalensi gizi lebih dan obesitas pada anak usia 5-12 tahun di Indonesia, termasuk di Kabupaten Sleman masih tergolong cukup tinggi. Konsumsi makanan jajanan di sekolah memengaruhi asupan energi anak dan dapat memicu kenaikan berat badan apabila dikonsumsi secara berlebihan. Aktivitas sedentari yang tinggi juga berhubungan dengan masalah gizi seperti obesitas pada anak sekolah.

Tujuan: Penelitian ini secara umum bertujuan untuk mengetahui hubungan kebiasaan konsumsi makanan jajanan dan aktivitas sedentari dengan status gizi (z-score IMT/U) anak sekolah dasar di SDN Percobaan 2.

Metode: Penelitian ini merupakan penelitian *observasional* dengan desain *cross-sectional*. Subjek dalam penelitian ini yaitu siswa kelas IV dan V SDN Percobaan 2 yang memenuhi kriteria inklusi dan eksklusi yaitu sebanyak 89 siswa. Status gizi subjek dinilai dengan menggunakan nilai z-score IMT/U melalui pengukuran tinggi badan dan berat badan. Kebiasaan konsumsi makanan jajanan diukur menggunakan kuesioner FFQ, sedangkan aktivitas sedentari diukur menggunakan kuesioner ASAQ. Analisis yang digunakan penelitian ini adalah uji korelasi *Spearman*.

Hasil: Subjek yang memiliki kebiasaan sering mengonsumsi makanan jajanan (52,8%) lebih banyak dibandingkan subjek yang tidak sering mengonsumsi makanan jajanan (47,2%). Sebagian besar subjek memiliki tingkat aktivitas sedentari yang tinggi (55,1%) dengan rata-rata durasi 342 menit/hari. Sebagian besar subjek memiliki status gizi baik (62,9%). Berdasarkan hasil analisis korelasi, tidak terdapat hubungan antara kebiasaan konsumsi makanan jajanan dengan status gizi ($p\ 0,869 > 0,05$), tidak terdapat hubungan antara aktivitas sedentari dengan status gizi ($p\ 0,338 > 0,05$), serta tidak terdapat hubungan antara aktivitas sedentari dengan kebiasaan konsumsi makanan jajanan ($p\ 0,962 > 0,05$).

Kesimpulan: Tidak terdapat hubungan yang signifikan antara kebiasaan konsumsi makanan jajanan dan aktivitas sedentari dengan status gizi (z-score IMT/U) anak sekolah dasar di SDN Percobaan 2.

Kata Kunci: Makanan Jajanan, Aktivitas Sedentari, Status Gizi, Anak Sekolah Dasar

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THE RELATIONSHIP BETWEEN SNACK FOOD CONSUMPTION HABITS AND SEDENTARY ACTIVITIES WITH THE NUTRITIONAL STATUS (Z-SCORE BMI/A) OF ELEMENTARY SCHOOL CHILDREN AT SDN PERCOBAAN 2

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ABSTRACT

Background: The prevalence of overnutrition and obesity in children aged 5-12 years in Indonesia, including in Sleman Regency, is still quite high. Consumption of snacks at school affects children's energy intake and can lead to weight gain if consumed in excess. High sedentary activities are also associated with nutritional problems such as obesity in school children.

Objective: This study generally aims to determine the relationship between food consumption habits and sedentary activities with the nutritional status (z-score BMI/A) of elementary school children at SDN Percobaan 2.

Method: This study was an observational study with a cross-sectional design. The subjects in this study were grade IV and V students of SDN Percobaan 2 who met the inclusion and exclusion criteria, totaling 89 students. The nutritional status of the subjects was assessed using BMI for age z-scores through measurement of height and weight. Food consumption habits was measured using the FFQ questionnaire, while sedentary activity was measured using the ASAQ questionnaire. The analysis used was the Spearman correlation test.

Results: Subjects who had a habit of frequently consuming street food (52.8%) were more than subjects who did not frequently consume street food (47.2%). Most subjects had a high level of sedentary activity (55.1%) with an average duration of 342 minutes per day. Most subjects had good nutritional status (62.9%). Based on the correlation analysis, there was no relationship between snack consumption habits and nutritional status ($p\ 0.869 > 0.05$), no relationship between sedentary activity and nutritional status ($p\ 0.338 > 0.05$), and no relationship between sedentary activity with snack consumption habits ($p\ 0.962 > 0.05$).

Conclusion: There is no significant relationship between snack consumption habits and sedentary activities with nutritional status (BMI for age z-scores) of elementary school children at SDN Percobaan 2.

Keywords: Snack Foods, Sedentary Activity, Nutritional Status, Elementary School Children

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