HUBUNGAN VARIABEL SOSIAL EKONOMI DENGAN FOOD WASTE PADA PROGRAM MAKAN BERGIZI GRATIS (MBG) DI SD
NEGERI PENDOWOHARJO SLEMAN
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Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

INTISARI

HUBUNGAN VARIABEL SOSIAL EKONOMI DENGAN *FOOD WASTE* PADA PROGRAM MAKAN BERGIZI GRATIS (MBG) DI SD NEGERI PENDOWOHARJO SLEMAN

Lia Hanifah [1], Dwi Budiningsari [2], Fitrina Kusumaningrum [3]

Latar Belakang: *Food waste* merupakan permasalahan global yang menimbulkan kerugian lingkungan dan ekonomi yang besar, termasuk di Indonesia yang menghasilkan 115–184 kg *food loss* dan *waste* per kapita per tahun. Program Makan Bergizi Gratis (MBG) sebagai program nasional dengan investasi besar berpotensi menghadapi persoalan serupa, sebagaimana ditemukan pada program makan sekolah di berbagai negara dengan tingkat sisa makanan mencapai 7-29% dari total porsi yang disajikan. Variabel sosial ekonomi keluarga, meliputi pendapatan, tingkat pendidikan, dan pekerjaan orang tua, diketahui berperan dalam membentuk pola dan kebiasaan makan anak yang dapat memengaruhi tingkat penerimaan dan sisa makanan. Penelitian ini bertujuan menganalisis hubungan antara variabel sosial ekonomi keluarga dengan *food waste* pada siswa penerima program MBG di SDN Pendowoharjo Sleman.

Tujuan Penelitian: Mengetahui hubungan variabel sosial ekonomi orang tua dan *food waste* makan bergizi gratis (MBG) di SD Negeri Pendowoharjo Sleman Yogyakarta

Metode Penelitian: Penelitian ini merupakan penelitian observasional analitik dengan menggunakan pendekatan kuantitatif dan desain penelitian *cross-sectional.* Responden penelitian sebanyak 53 siswa dan orang tua. Analisis statistik yang digunakan dalam penelitian ini adalah uji korelasi *Rank Spearman dan* uji beda *Mann-Withney Test.*

Hasil: Tidak terdapat hubungan yang signifikan antara pendapatan orang tua, pendidikan ayah, pendidikan ibu, dan pekerjaan ibu dengan *food waste* pada program MBG (p=0,233; p =0,653; p=0,322; p=0,838).

Kata Kunci: *Food waste*, sosial ekonomi, makan bergizi gratis

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ABSTRACT

THE RELATIONSHIP BETWEEN SOCIOECONOMIC VARIABLES AND FOOD WASTE IN THE FREE NUTRITIOUS MEAL PROGRAM (MBG) AT SD NEGERI PENDOWOHARJO SLEMAN

Lia Hanifah [1], Dwi Budiningsari [2], Fitrina Kusumaningrum [3]

Background: Food waste is a global problem that causes substantial environmental and economic losses, including in Indonesia, which generates an estimated 115–184 kg of food loss and waste per capita per year. The Free Nutritious Meal Program (Makan Bergizi Gratis/MBG), as a national program involving substantial investment, has the potential to face similar issues, as found in school feeding programs in various countries, where plate waste levels reach 7–29% of the total portion served. Family socioeconomic variables, including parental income, education level, and occupation, are known to play a role in shaping children's eating patterns and habits, which can affect meal acceptance and the amount of food waste generated. This study aimed to analyse the relationship between family socioeconomic variables and food waste among students participating in the MBG program at SD Negeri Pendowoharjo Sleman.

Objective: To determine the relationship between parental socioeconomic variables and food waste in the Free Nutritious Meal (MBG) program at SD Negeri Pendowoharjo Sleman, Yogyakarta.

Methods: This study is an analytic observational study employing a quantitative approach with a cross-sectional design. The study respondents consisted of 53 students and their parents. The statistical analyses used in this study were the Spearman Rank correlation test and the Mann-Whitney difference test.

Results: No significant relationships were found between parental income, paternal education, maternal education, and maternal occupation with food waste in the MBG program ($p = 0.233$; $p = 0.653$; $p = 0.322$; $p = 0.838$, respectively).

Keywords: Food waste, socioeconomic status, free nutritious meal program

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