

## HUBUNGAN PREFERENSI MAKAN DAN KETERSEDIAAN MAKANAN DENGAN STATUS GIZI ANAK USIA SEKOLAH DASAR DI KOTA YOGYAKARTA

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### INTISARI

**Latar Belakang:** Perubahan gaya hidup modern saat ini menyebabkan status gizi anak menjadi di atas normal, sehingga anak menjadi gemuk atau obesitas. Prevalensi obesitas pada anak menunjukkan peningkatan dari tahun ketahun. Asupan berlebih diikuti gaya hidup *sedentary* menjadi salah satu penyebab terjadinya obesitas pada anak. Berbagai faktor dapat berpengaruh terhadap asupan anak, mulai dari faktor individu dalam hal ini preferensi makan hingga faktor lingkungan rumah yakni ketersediaan makanan.

**Tujuan:** Mengetahui hubungan antara preferensi makan dan ketersediaan makanan dengan status gizi anak usia sekolah dasar di Kota Yogyakarta

**Metode Penelitian:** Merupakan penelitian observasional dengan rancangan *cross sectional* yang melibatkan 144 siswa usia sekolah dasar di Kota Yogyakarta. Subjek penelitian diperoleh melalui teknik *multistage sampling*. Data preferensi makan dan ketersediaan makanan diperoleh melalui pengisian kuesioner sementara data status gizi diperoleh melalui pengukuran langsung.

**Hasil Penelitian:** Hasil penelitian menunjukkan bahwa sebanyak 50,7% anak memiliki status gizi normal dan 49,3% memiliki status gizi obesitas. Sebanyak 54,2% anak usia sekolah dasar menyukai makanan manis dan sebanyak 49,3% menyukai makanan berlemak. Sebagian anak usia sekolah dasar memiliki ketersediaan makanan di rumah tergolong tidak sehat 50,2%. Hasil uji *chi square* diketahui bahwa tidak terdapat hubungan antara preferensi makanan manis maupun berlemak dengan status gizi anak ( $p > 0,05$ ). Terdapat hubungan signifikan antara ketersediaan makanan dengan status gizi pada anak usia sekolah dasar di Kota Yogyakarta ( $p = 0,031$ ).

**Kesimpulan:** Terdapat hubungan yang signifikan antara ketersediaan makanan dengan status gizi pada anak usia sekolah dasar di Kota Yogyakarta.

**Kata kunci:** Preferensi makan, ketersediaan makanan, status gizi, anak usia sekolah dasar

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## ASSOCIATION BETWEEN EATING PREFERENCE AND FOOD AVAILABILITY WITH NUTRITIONAL STATUS AMONG ELEMENTARY SCHOOL-AGE CHILDREN IN YOGYAKARTA

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### ABSTRACT

**Background:** Changes in modern lifestyle now lead to a child's nutritional status to be above normal, so the child becomes overweight or obese. The prevalence of obesity in children shows an increase from year to year. Excessive intake followed sedentary lifestyle became one of the causes of obesity in children. Various factors can affect the intake of children, ranging from individual factors in this case eating preference and environmental factors such as food availability.

**Objective:** To understand the association between eating preferences and food availability with nutritional status among elementary school-age children in Yogyakarta

**Methods:** An observational study with cross sectional design involving 144 elementary school-age students in Yogyakarta and selected by multistage sampling. Data of eating preference and food availability were obtained by filling out questionnaires while nutritional status data was obtained through direct measurement.

**Result:** The results showed that as many as 50.7% of children had normal nutritional status and 49.3% had obese. As many as 54.2% of elementary school-age children like sweet foods and 49.3% like fatty foods. Some elementary school-aged children (50.2%) have an unhealthy food availability. The results of analysis using chi square test showed that there was no significant association between sweet and fat preferences with nutritional status ( $p > 0,05$ ). There was a significant association between food availability with nutritional status in elementary school-age children in Yogyakarta ( $p = 0,031$ ).

**Conclusion:** There was a significant association between the availability of food with nutritional status among elementary school-age children in Yogyakarta.

**Keywords:** eating preference, food availability, nutritional status, elementary school-age children

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