

HUBUNGAN ASUPAN ENERGI DAN ZAT GIZI MAKRO DARI MAKANAN SEKOLAH DENGAN STATUS GIZI ANAK PRA-SEKOLAH TAMAN KANAK KANAK

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INTISARI

Latar Belakang: Periode penting dalam tumbuh kembang ada pada masa pra-sekolah, karena merupakan pertumbuhan dasar yang akan mempengaruhi perkembangan selanjutnya. Pada usia ini perlu di perhatikan makanan yang dikonsumsi agar terpenuhi kebutuhan gizinya. Penyelenggaraan makanan di sekolah memberikan ketersediaan energi minimal 30% dari kecukupan gizi, sehingga dapat berpengaruh terhadap pemenuhan kebutuhan energi dan zat gizi makro (protein, lemak dan karbohidrat) serta status gizi anak.

Tujuan: Untuk mengetahui hubungan asupan energi dan zat gizi makro dari makanan sekolah dengan status gizi anak pra-sekolah taman kanak kanak.

Metode: Penelitian ini merupakan penelitian analitik observasional, dengan desain belah lintang (*cross sectional*). Pengambilan sampel menggunakan teknik *total sampling* yang melibatkan sebanyak 90 anak pra-sekolah di TK Masjid Kampus UGM. Asupan energi dan zat gizi makro dinilai dengan formulir *comstock* dan *nutrisurvey*, sementara status gizi dinilai dari indeks massa tubuh berdasarkan umur (IMT/U) yang ditentukan melalui pengukuran tinggi badan dan berat badan. Data dianalisis menggunakan uji Korelasi *Spearman*.

Hasil Penelitian: Terdapat hubungan yang signifikan antara asupan energi, protein, dan lemak dengan status gizi dengan nilai p masing-masing sebesar $p=0,028$; $p=0,025$, $p=0,005$ ($p<0,05$). Sedangkan tidak ada hubungan yang signifikan antara asupan karbohidrat dengan status gizi dengan nilai p sebesar $0,816$ ($p>0,05$).

Kesimpulan: Terdapat hubungan antara asupan energi, protein dan lemak dengan status gizi. Namun tidak terdapat hubungan antara asupan karbohidrat dengan status gizi.

Kata Kunci: Asupan energi, protein, lemak, dan karbohidrat; status gizi; anak pra-sekolah

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CORRELATION BETWEEN ENERGY AND MACRO NUTRIENTS INTAKE FROM SCHOOL FOOD WITH THE NUTRITIONAL STATUS OF PRE-SCHOOL CHILDREN IN KINDERGARTEN

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ABSTRACT

Background: Pre-school is an important period in growth and development, because it is fundamental for child's subsequent developments. Organizing food in schools provides energy availability of at least 30% of nutritional adequacy, so that it can affect the fulfillment of energy and macro nutrients (protein, fat and carbohydrates) needs and nutritional status of children.

Aim: To find out the correlation between energy and macro nutrients intake from school food with the nutritional status of pre-school children in kindergarten.

Method: This study was an observational analytic, using a cross-sectional design. Samples were obtained through total sampling method which involved 90 pre-school children at the Masjid Kampus UGM Kindergarten. Energy and macro nutrients intake were collected by visual comstock form and nutrisurvey, while nutritional status was measured from body mass index according to age (BMI-for-age) through measurements of body height and weight. Data were analyzed using Spearman Correlation test.

Result: There was a significant correlation between energy, protein and fat intake with nutritional status with p-value of respectively $p=0,028$; $p=0,025$; $p=0,005$ ($p<0,05$). While there was no significant correlation between carbohydrate intake and nutritional status with p-value $p=0,816$ ($p>0,05$).

Conclusion: There was correlation between energy, protein and fat intake with nutritional status. But, there was no correlation between carbohydrate intake with nutritional status.

Keyword: Energy, protein, fat, and carbohydrate intake; nutritional status; pre-school children

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