

## ABSTRAK

**Latar Belakang:** Fenomena permasalahan gizi dan kasus keracunan makanan di sekolah cenderung meningkat. Pada tahun 2015 dan awal 2016 di wilayah Puskesmas Seyegan terjadi KLB keracunan makanan anak sekolah disebabkan keracunan makanan diindikasikan adanya bahan berbahaya dalam makanan jajanan anak sekolah. Upaya yang dilakukan dalam pencegahan kasus tersebut dilaksanakan program perlindungan anak terhadap gizi dan keamanan makanan jajanan anak sekolah (Lanteras Zimanja)

**Tujuan:** Untuk mengetahui dan menganalisa dampak program Lanteras Zimanja terhadap pengetahuan gizi seimbang dan keamanan pangan, perilaku gizi serta status gizi anak sekolah dan pelaksanaannya di wilayah Kecamatan Seyegan.

**Metode:** Penelitian ini merupakan penelitian evaluatif untuk mengkaji implementasi dan dampak program Lanteras Zimanja dengan rancangan mixed method (kuantitatif dan kualitatif) dan menggunakan strategi concurrent embedded. Penelitian data kuantitatif diperoleh dari anak sekolah sedangkan penelitian data kualitatif diperoleh dari informan yang terkait pelaksanaan program. Lokasi penelitian di SDN Klaci, SDN Gentan, SDN Margoagung dan SDN Margoluwih yang berada di wilayah Kecamatan Seyegan.

**Hasil:** Hasil Uji *Independent t-test* menunjukkan ada perbedaan yang signifikan ( $p < 0,05$ ) dalam hal pengetahuan gizi dan pengetahuan keamanan pangan antara anak sekolah yang diberikan program Lanteras Zimanja dan anak sekolah non-Lanteras Zimanja. Tidak ada perbedaan rata-rata nilai perilaku gizi antara anak sekolah yang mendapatkan program Lanteras zimanja dengan non-Lanteras zimanja ( $p = 0,6300$ ,  $p > 0,05$ ) demikian juga terhadap status gizi ( $p = 0,8040$ ). Hasil analisa multivariat menunjukkan bahwa faktor luar yang mempengaruhi pengetahuan gizi adalah pendidikan ayah dan pendapatan keluarga ( $p > 0,05$ ), faktor lain yang mempengaruhi pengetahuan keamanan pangan adalah pendapatan keluarga ( $p < 0,05$ ). Hasil wawancara menunjukkan bahwa program edukasi dilakukan di sekolah oleh guru sesuai tema dalam mata pelajaran dan bekerjasama dengan sektor terkait. Program stikerisasi jajanan aman dilakukan dalam rangka melindungi anak dari bahaya keracunan makanan. Dengan adanya program ini tidak pernah terjadi kejadian keracunan makanan pada anak sekolah di wilayah Seyegan.

**Kesimpulan :** Program Lanteras Zimanja berdampak positif dan signifikan dalam meningkatkan pengetahuan gizi dan pengetahuan keamanan pangan, tetapi tidak berdampak signifikan pada perilaku gizi dan status gizi siswa sekolah dasar. Namun disisi lain ada dampak signifikan dalam menekan terjadinya keracunan makanan setelah diterapkannya program Lanteras Zimanja di Wilayah Kecamatan Seyegan.

**Kata Kunci:** Program Lanteras Zimanja, Pengetahuan gizi, perilaku gizi, status gizi

## ABSTRACT

**Background:** The phenomenon of nutritional problems and cases of food poisoning in schools tends to increase. In 2015 and early 2016 in the area of the Seyegan Health Center, there was an outbreak of food poisoning for school children due to food poisoning, indicating the presence of hazardous substances in the snacks of school children. Efforts made in the prevention of this case carried out a child protection program for nutrition and food safety for school snacks (Lanteran Zimanja)

**Objectif :** To determine and analyze the impact of the Zimanja Lantera program on knowledge of balanced nutrition and food security, nutritional status and balanced nutritional behavior of school children and their implementation in the Seyegan District area. The benefits of this research are to develop programs to address nutrition and health problems for elementary school children.

**Methods :** This research is an evaluative study to examine the implementation and impact of the Zimanja Lantera program with a mixed method design (quantitative and qualitative) and uses a concurrent embedded strategy. Quantitative data research was obtained from school children while qualitative data research was obtained from informants related to program implementation. The research located in SDN Klaci, SDN Gentan, SDN Margoluwih and SDN Margoagung in the Seyegan subdistrict of Sleman Regency DIY.

**Result :** The results of the Independent t-test showed that there was a significant difference ( $p < 0.05$ ) in terms of nutritional knowledge and knowledge of food safety between schoolchildren given the Zimanja Lantera program and non-Lanteran Zimanja school children. There was no difference in the mean value of nutritional behavior between school children who received the zimanja Lantera program and non-Lanteran zimanja ( $p = 0.6300$ ,  $p > 0.05$ ) as well as on nutritional status ( $p = 0.8040$ ). The results of multivariate analysis showed that the external factors affecting nutritional knowledge were father's education and family income ( $p > 0.05$ ). Other factors that influenced food safety knowledge were family income ( $p < 0.05$ ). The results of the interviews show that the educational program is carried out in schools by teachers according to themes in subjects and in collaboration with related sectors. The stickerization program for safe snacks is carried out in order to protect children from the dangers of food poisoning. With this program, there has never been an incident of food poisoning in school children in the Seyegan area.

**Conclusion :** The Zimanja Lantera Program had a positive and significant impact in increasing nutrition knowledge and food safety knowledge, but did not have a significant impact on the nutritional behavior and nutritional status of elementary school students. But on the other hand, there is a significant impact in reducing the occurrence of food poisoning after the implementation of the Zimanja Lantera program in the Seyegan District Region.

**Keywords :** Lantera Zimanja; Nutritional Knowledge, Nutritional Behavior, Nutritional Status