

## ABSTRAK

### HUBUNGAN KEBIASAAN SARAPAN PAGI, KEBIASAAN JAJAN DAN KARAKTERISTIK SOSIAL EKONOMI DENGAN ASUPAN ZAT GIZI SISWA MENENGAH PERTAMA DAERAH PEDESAAN DAN PERKOTAAN DI WILAYAH DAERAH ISTIMEWA YOGYAKARTA

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**Latar belakang:** Status gizi remaja dapat dipengaruhi oleh beberapa faktor salah satunya asupan makanan. Pemenuhan asupan makanan dapat dipenuhi oleh beberapa hal seperti kebiasaan sarapan pagi, kebiasaan jajan dan karakteristik sosial ekonomi. **Tujuan:** Mengetahui hubungan kebiasaan sarapan pagi, kebiasaan jajan dan karakteristik sosial ekonomi dengan asupan zat gizi pada siswa menengah pertama. **Metode:** Penelitian observasional dengan pendekatan *cross-sectional* pada 109 siswa di SMPN 1 Imogiri dan SMPN 2 Yogyakarta dari April hingga Agustus 2020. Instrumen penelitian berupa kuesioner, FFQ jajan, *24-h food recall*. Variabel bebas adalah kebiasaan sarapan pagi, kebiasaan jajan dan karakteristik sosial ekonomi. Variabel terikat adalah asupan zat gizi. Analisis data dilakukan dengan *Independent t-test*, *One Way ANOVA* dan korelasi *Rank Spearman*. **Hasil:** Tidak terdapat hubungan antara kebiasaan sarapan pagi ( $p=0,517$ ), frekuensi jajan ( $p=0,170$ ), uang saku ( $p=0,447$ ), lokasi tinggal ( $p=0,649$ ), pendidikan orang tua ( $p=0,701$  dan  $p=0,102$ ), pekerjaan orang tua ( $p=0,791$  dan  $p=0,912$ ) dan pendapatan keluarga ( $p=0,493$ ) dengan asupan zat gizi, namun terdapat hubungan antara kontribusi energi jajan ( $p=0,003$ ) dengan asupan zat gizi. **Simpulan:** Terdapat hubungan antara kontribusi energi jajan dengan asupan zat gizi.

**Kata Kunci:** kebiasaan sarapan pagi, kebiasaan jajan, karakteristik sosial ekonomi, asupan zat gizi, siswa menengah pertama

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## ABSTRACT

### RELATIONSHIP BETWEEN BREAKFAST HABITS, SNACK HABITS AND SOCIO-ECONOMIC CHARACTERISTICS WITH NUTRIENT INTAKE OF RURAL AND URBAN'S JUNIOR HIGH SCHOOL STUDENTS IN YOGYAKARTA SPECIAL DISTRICT

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**Background:** Adolescent's nutritional status can be influenced by several factors, one of them is food intake. Breakfast habits, snack habits and socio-economic characteristics can fulfill daily food intake. **Objective:** To determine the relationship between breakfast habits, snack habits and socio-economic characteristics with nutrient intake in junior high school students. **Methods:** A cross-sectional study was conducted involving 109 students who studied at Junior High School 1 Imogiri and Junior High School 2 Yogyakarta, from April to August 2020. Data were collected using questionnaire, snack's FFQ, and 24-h food recall. Independent variables are breakfast habits, snack habits, and socio-economic characteristics. Dependent variable is nutrient intake. Data analysis was performed by Independent t-test, One Way ANOVA and Rank Spearman correlation. **Result:** There is no relationship between breakfast habits ( $p=0,517$ ), snack frequency ( $p=0,170$ ), amount of pocket money ( $p=0,447$ ), live location ( $p=0,649$ ), parental education ( $p=0,701$  and  $p=0,102$ ), parental occupation ( $p=0,791$  and  $p=0,912$ ) and family income ( $p=0,493$ ), but there is relationship ( $p=0,003$ ) between snack's energy contribution with nutrient intake. **Conclusion:** There is relationship between snack's energy contribution with nutrient intake.

**Keywords:** breakfast habits, snack habits, socio-economic characteristics, nutrient intake, junior high school student

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