

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PROGRAM STUDI DIH GIZI**

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**GAMBARAN ASUPAN ZAT GIZI TERHADAP STATUS GIZI PADA
ANAK SEKOLAH DASAR DI SDN 118 PEKANBARU
PADA MASA PANDEMI COVID-19**

xiv + 52 halaman + 19 Tabel + 1 gambar + 5 Lampiran

INTISARI

Usia anak sekolah dasar merupakan masa pertumbuhan paling pesat kedua setelah masa balita. Pemenuhan asupan nutrisi yang baik pada anak usia sekolah akan mempengaruhi daya konsentrasi dan kecerdasan anak. Pada awal 2020, dunia dihebohkan dengan munculnya virus baru COVID-19. Selama masa pandemi COVID-19 terjadi perubahan terhadap kebiasaan makan, berat badan dan status gizi anak usia sekolah. Tujuan penelitian ini adalah untuk mengetahui gambaran asupan zat gizi pada anak usia sekolah di SDN 118 Pekanbaru pada masa pandemi COVID-19.

Jenis penelitian ini adalah bersifat deskriptif. Populasi dalam penelitian ini berjumlah 145 siswa kelas 4 dan 5 SDN 118 Pekanbaru. Metode pengambilan sampel menggunakan teknik *simple random sampling* dengan total 65 orang. Teknik pengambilan data variabel asupan zat gizi dilakukan dengan *food recall* 2×24 jam dan status gizi berdasarkan indikator IMT/U. Analisa data dilakukan secara univariat.

Hasil penelitian menunjukkan sebagian besar responden memiliki tingkat asupan energi baik yaitu 63,1%, asupan protein lebih, yaitu 50,8%, asupan lemak kurang yaitu 52,3%, asupan karbohidrat kurang, yaitu 55,4%, serta tingkat asupan zat gizi mikro sebagian besar responden terdiri atas asupan zinc kurang, yaitu sebesar 53,8%, asupan vitamin C kurang, yaitu 66,2%. Status gizi responden yaitu tergolong kedalam status gizi baik, dengan persentase status gizi lebih sebesar 12,3%, status gizi baik 84,6% dan status gizi lebih 3,1%.

Daftar Pustaka : 48 Referensi (2012-2021)

Kata Kunci : Anak Usia Sekolah, COVID-19, Asupan Zat Gizi, Status Gizi

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**AN OVERVIEW OF NUTRITIONAL INTAKE TOWARD NUTRITIONAL
STATUS OF ELEMENTARY SCHOOL CHILDREN
AT SDN 118 PEKANBARU DURING COVID-19**

xiv + 52 Pages + 19 Tabels + 1 Picture + 5 Attachment

ABSTRACT

Elementary school age is the second fastest growing period after toddlerhood. Elementary school age is the second most rapid growth period after toddlerhood. Fulfillment of good nutritional intake in school-age children will affect the concentration and intelligence of children. In early 2020, the world was shocked by a new virus called COVID-19. During the COVID-19 pandemic, changes occurred in the eating habits, weight and nutritional status of school-age children. The purpose of this study was to describe the nutritional intake of school-age children at SDN 118 Pekanbaru during the COVID-19 pandemic.

This type of research is descriptive. The population in this study were 145 people of grade 4 and 5 students at SDN 118 Pekanbaru. The sampling method used is *simple random sampling technique* with the total 65 people. The technique of collecting data on nutrient intake variables was carried out with a *food recall of 2×24 hours* and nutritional status based on BMI/U indicators. Data analysis was carried out univariately.

The research shows that intake of macronutrients consists of energy intake is classified as good, 63.1%, protein intake is classified as more, 50.8%, fat intake is classified as less, 52.3%, carbohydrate intake is classified as less, which is 55.4%. Meanwhile, the intake of micronutrients consisted of zinc intake which was classified as lacking, 53.8%, and vitamin C intake was classified as lacking, which was 66.2%. The nutritional status of 4th and 5th graders at SDN 118 Pekanbaru is classified as good nutritional status, with a percentage of overnutrition status of 12.3%, good nutritional status of 84.6% and more than 3.1% of nutritional status.

Bibliography

: 48 References (2012-2021)

Keywords

: School Age Children, COVID-19, Nutrient Intake, Nutritional Status