

ABSTRAK

ADINDA DWI OKTAVIANI. Gambaran Jenis Jajanan dan Status Gizi Anak Sekolah Dasar Negeri 008 Pantai Cermin Kecamatan Tapung Kabupaten Kampar. Dibimbing oleh Dr. Aslis Wirda Hayati, SP, M.Si

Jajanan anak sekolah memiliki peran penting dalam memenuhi kebutuhan energi dan gizi harian, namun juga dapat menjadi sumber risiko kesehatan jika tidak memenuhi standar yang ditetapkan. Penelitian ini bertujuan untuk menggambarkan jenis jajanan dan status gizi siswa di Sekolah Dasar Negeri 008 Pantai Cermin, Kecamatan Tapung, Kabupaten Kampar. Jenis penelitian yang dilakukan adalah deskriptif kuantitatif dengan pendekatan cross-sectional. Teknik pengambilan sampel yang digunakan adalah total sampling, dengan sampel penelitian sebanyak 30 siswa kelas V. Data mengenai jenis jajanan diperoleh melalui kuesioner food frequency questionnaire, sedangkan data asupan energi siswa diperoleh dari kuesioner food recall 1x 24 jam dan dianalisis menggunakan analisis univariat. Status gizi siswa diukur melalui indikator antropometri, yaitu tinggi badan menurut umur, menggunakan microtoise. Hasil penelitian menunjukkan bahwa frekuensi konsumsi jajanan di Sekolah Dasar Negeri 008 Pantai Cermin, Kecamatan Tapung, Kabupaten Kampar, pada kategori sering mencapai 56,7%. Jenis jajanan yang dikonsumsi siswa meliputi mie instan, nasi goreng, bakwan jagung, tahu isi, bakso goreng, sosis goreng, nugget goreng, cilok, es teh manis, es kasturi, dan es cekek. Jajanan yang paling sering dikonsumsi adalah nasi goreng dan es cekek. Asupan energi siswa menunjukkan 60% mengalami defisit, 30% adekuat, dan 10% berlebih. Selain itu, 33,3% anak berstatus gizi pendek. Disarankan agar siswa mengurangi konsumsi jajanan yang kurang sehat. Diharapkan jajanan yang tersedia di sekolah dilengkapi dengan sumber protein yang memadai, sehingga anak-anak yang mengalami stunting dapat mengejar pertumbuhannya.

Kata kunci : jenis jajanan, status gizi, kandungan asupan energy, food recall, ffq

ABSTRACT

ADINDA DWI OKTAVIANI. "Description of Snack Types and Nutritional Status of Elementary School Students at SD Negeri 008 Pantai Cermin, Tapung District, Kampar Regency." Supervised by Dr. Aslis Wirda Hayati, SP, M.Si.

School snacks play an important role in meeting daily energy and nutritional needs; however, they can also pose health risks if they do not meet established standards. This study aims to describe the types of snacks and the nutritional status of students at State Elementary School 008 Pantai Cermin, Tapung District, Kampar Regency. The research design employed is a quantitative descriptive study with a cross-sectional approach. The sampling technique used is total sampling, with a sample size of 30 fifth-grade students. Data on the types of snacks were obtained through a food frequency questionnaire, while data on students' energy intake were collected using a 24-hour food recall questionnaire and analyzed using univariate analysis. Students' nutritional status was measured using anthropometric indicators, specifically height-for-age, with a microtoise. The results indicate that the frequency of snack consumption at State Elementary School 008 Pantai Cermin, Tapung District, Kampar Regency, falls into the "frequent" category at 56.7%. The types of snacks consumed by students include instant noodles, fried rice, corn fritters, stuffed tofu, fried meatballs, fried sausages, fried nuggets, cilok, sweet iced tea, iced kasturi, and iced cekek. The most frequently consumed snacks are fried rice and cekek ice. Energy intake data show that 60% of students are in deficit, 30% are adequate, and 10% are excessive. Additionally, 33.3% of children are classified as stunted. It is recommended that students reduce their consumption of unhealthy snacks. It is hoped that the snacks available at school will be supplemented with adequate protein sources, allowing children experiencing stunting to catch up on their growth.

Keywords: snack types, nutritional status, energy intake, food recall, FFQ