

ABSTRAK

Selyana Ariani (2026), *Gambaran Kejadian Obesitas Pada Anak Usia Sekolah Di Kota Pekanbaru*. Karya Tulis Akhir, Program Studi Sarjana Terapan Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (1) Ns. Sari Anggela, M.Kep., Sp.Kep.A. (II) Ira Oktaviani, S.Farm., Apt., M.Farm.

Obesitas pada anak usia sekolah merupakan masalah kesehatan yang terus meningkat dan dapat meningkatkan risiko berbagai penyakit tidak menular di masa depan. Penelitian ini bertujuan untuk mengetahui gambaran kejadian obesitas pada anak usia sekolah di Kota Pekanbaru. Penelitian ini menggunakan metode kuantitatif dengan desain deskriptif dan pendekatan *cross-sectional*. Sampel penelitian berjumlah 167 siswa kelas IV dan V dari SD Negeri 14 dan SD Negeri 153 Kota Pekanbaru yang dipilih menggunakan teknik *total sampling*. Data dikumpulkan melalui pengukuran berat badan dan tinggi badan untuk menentukan status gizi berdasarkan indikator IMT/U, kemudian dianalisis secara univariat. Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki status gizi normal sebanyak 120 siswa (71,9%). Sebanyak 19 siswa (11,4%) mengalami *overweight*, 16 siswa (9,6%) mengalami obesitas, 9 siswa (5,4%) kurus, dan 3 siswa (1,8%) sangat kurus. Proporsi obesitas lebih tinggi pada SD Negeri 153 Kota Pekanbaru yaitu pada siswa kelas V. Kesimpulan penelitian ini menunjukkan bahwa meskipun sebagian besar anak memiliki status gizi normal, masih ditemukan kejadian *overweight* dan obesitas yang perlu mendapat perhatian. Disarankan agar sekolah dan tenaga kesehatan melakukan pemantauan status gizi secara berkala serta meningkatkan edukasi mengenai pola makan sehat dan aktivitas fisik pada anak usia sekolah. Peneliti selanjutnya diharapkan dapat meneliti faktor-faktor yang berhubungan dengan kejadian obesitas pada anak usia sekolah menggunakan desain penelitian analitik sehingga diperoleh gambaran hubungan antarvariabel yang lebih komprehensif.

Kata Kunci: Anak Usia Sekolah, Obesitas, Status Gizi.

ABSTRACT

Selyana Ariani (2026), Description of Obesity Incidence Among School-Aged Children in Pekanbaru City. Final Scientific Paper. Bachelor of Applied Nursing Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Supervisor (I) Ns. Sari Anggela, M.Kep., Sp.Kep.A. (II): Ira Oktaviani, S.Farm., Apt., M.Farm.

Obesity among school-aged children is a growing health problem that increases the risk of various non-communicable diseases in the future. This study aimed to describe the incidence of obesity among school-aged children in Pekanbaru City. This study employed a quantitative method with a descriptive cross-sectional design. The sample consisted of 167 fourth- and fifth-grade students from SD Negeri 14 and SD Negeri 153 Pekanbaru City, selected using a total sampling technique. Data were collected through measurements of body weight and height to determine nutritional status based on the BMI-for-age (BMI/A) indicator and were analyzed using univariate analysis. The results showed that the majority of respondents had normal nutritional status, with 120 students (71.9%). A total of 19 students (11.4%) were overweight, 16 students (9.6%) were obese, 9 students (5.4%) were underweight, and 3 students (1.8%) were severely underweight. The proportion of obesity was higher among fifth-grade students at SD Negeri 153 Pekanbaru City. The findings indicate that although most school-aged children had normal nutritional status, cases of overweight and obesity were still identified and require attention. It is recommended that schools collaborate with healthcare providers to conduct regular nutritional status monitoring and provide education on healthy eating habits and physical activity. Future researchers are encouraged to investigate factors associated with obesity among school-aged children using analytical study designs to obtain a more comprehensive understanding of the relationships among variables.

Keywords: Nutritional Status, Obesity, School-Aged Children.