

ABSTRAK

Monica Hadila Gambaran Penggunaan Uang Jajan Siswa Dalam Pembelian Makanan di SMP Negeri 3 Pekanbaru. Dibimbing oleh (Prof. Dr. Aslis Wirda Hayati, SP, M.Si) dan (Muharni, SP, M.Gizi).

Penggunaan uang jajan merupakan salah satu bentuk pengeluaran siswa dalam memenuhi kebutuhan makanan dan minuman sehari-hari. Penelitian ini bertujuan untuk mengetahui gambaran penggunaan uang jajan siswa dalam pembelian makanan di SMP Negeri 3 Pekanbaru tahun 2026. Penelitian ini merupakan penelitian kuantitatif dengan desain cross-sectional. Sampel berjumlah 80 siswa kelas VII dan VIII yang dipilih menggunakan teknik cluster sampling. Data dikumpulkan melalui wawancara menggunakan kuesioner dan formulir konsumsi makanan serta penggunaan uang jajan selama 1×24 jam. Analisis data dilakukan secara univariat dengan distribusi frekuensi dan persentase. Hasil penelitian menunjukkan bahwa penggunaan uang jajan untuk pembelian makanan paling banyak dilakukan pada snack sore, yaitu 68 siswa (85,0%), diikuti snack malam 47 siswa (58,7%) dan snack pagi 43 siswa (54,4%). Penggunaan uang jajan untuk sarapan sebanyak 15 siswa (18,8%) dan makan malam 14 siswa (17,5%), sedangkan makan siang 0% karena seluruh responden memperoleh makan siang dari sekolah. Pengeluaran makanan <Rp10.000 sebanyak 33 siswa (41,3%) dan ≥Rp10.000 sebanyak 47 siswa (58,8%). Disimpulkan bahwa uang jajan lebih banyak digunakan untuk membeli makanan selingan, terutama snack sore, dibandingkan makanan utama.

Kata Kunci: pembelian makanan, remaja, siswa SMP, uang jajan

ABSTRACT

Monica Hadila Description of Student's Pocket Money Usage in Food Purchases at SMP Negeri 3 Pekanbaru. Supervised by (Prof. Dr. Aslis Wirda Hayati, SP, M.Si) and (Muharni, SP, M.Gizi).

Pocket money is one form of expenditure used by students to meet their daily food and beverage needs. This study aimed to describe students' pocket money use for food purchases at SMP Negeri 3 Pekanbaru in 2026. This quantitative study used a cross-sectional design. The sample consisted of 80 students from grades VII and VIII selected using cluster sampling. Data were collected through interviews using questionnaires and a 1×24-hour food consumption and pocket money use form. Data were analyzed using univariate analysis with frequency distributions and percentages. The results showed that pocket money was most frequently used to purchase food during the afternoon snack, involving 68 students (85.0%), followed by evening snacks with 47 students (58.7%) and morning snacks with 43 students (54.4%). Pocket money was used to purchase breakfast by 15 students (18.8%) and dinner by 14 students (17.5%), while no students used pocket money to purchase lunch (0%) because all respondents received lunch from school. Food expenditure was <IDR 10,000 for 33 students (41.3%) and ≥IDR 10,000 for 47 students (58.8%). It was concluded that students' pocket money was used more frequently to purchase snack foods, particularly afternoon snacks, than main meals.

Keywords: adolescents, food purchase, junior high school students, pocket money