

Hubungan konsumsi makanan, kebiasaan jajan dan pola status aktivitas fisik dengan status gizi siswa (Suatu studi di sekolah dasar Santa Maria Fatima Jakarta Timur)

Marbun, Rosmida Magdalena

Deskripsi Lengkap: <https://lib.fkm.ui.ac.id/detail.jsp?id=11179&lokasi=lokal>

Abstrak

<div style="text-align: justify;">Salah satu cara yang digunakan untuk menentukan status gizi seorang anak adalah dengan mengetahui indeks Berat Badan menurut Umur (BB/U). Keadaan gizi lebih atau kurang terjadi karena adanya ketidakseimbangan konsumsi zat gizi di dalam tubuh. Keadaan gizi lebih pada siswa Sekolah Dasar di daerah perkotaan sekarang ini diduga terjadi akibat dari konsumsi makanan yang berlebih didukung oleh kebiasaan dan pola aktivitas fisik yang relatif rendah. Oleh karena itu tujuan dari penelitian ini adalah untuk mengetahui hubungan konsumsi makanan, kebiasaan jajan dan pola. akiivitas fisik pada siswa Sekolah Dasar Santa Maria Fatima, Jakarta Timur. Penelitian ini menggunakan dasain non experimental dengan pendekatan cross sectional pada siswa Sekolah Dasar Santa Maria Fatima - Jakarta Timur, dimana pengumpulan data dilakukan pada Oktober 2001. Sebagai sampel adalah siswa SD kelas IV, V dan V. Variabel dependen adalah status gizi dan variabel independen adalah konsumsi makanan (energi, protein dan lemak) kebiasaan jajan (frekuensi jajan, jenis makanan jajan dan frekuensi makan makanan siap saji); pola aktivitas fisik (waktu tidur siang, waktu lidur malam, waktu menonton televisi dan kebiasaan olah raga). Sedangkan variabel confounding terdiri dari karakteristik siswa (umur jenis kelamin dan pengetahuan gizi) dan karakteristik orang tua (tingkat pendidikan ibu, tingkat pendidikan ayah, status pekerjaan ibu, jenis pekerjaan ayah dan tingkat pendapatan keluarga per kapita/bulan). Analisis yang dilalakukan adalah univariat, bivariat dan multiivariat dengan regresi logistik. Hasil penelitian memmjukknn bahwa status gizi lebih didapatkan sebesar 17,9 % sedangkan status gizi tidak lebih sebesar 82,1 %. Dari basil analisis bivariat diketahui bahwa variabel yang mempunyai hubungan bermakna dengan status gizi adalah frekuensi jaian, jenis makanan jajan, frekuensi makan makanan siap saji, waktu tidur siang, waktu menonton televisi, tingkat pendidikan ayah dan stains pelaajaan ibn serin lingkat pendapatan lneluarga. per kapitalbulan. Sedangkan dari basil analisis mnltivariat diketahui bahwa ada 3 variabel yang paling berhublmgan dengan stains gizi yaitu frekuensi jajan dengan OR = 3,437, waktu tidur siang dengan OR = 2,937 dan waldu menonton televisi dengan OR = 13,006 & 1,302. Lebih lanjut dari hasil analisis multivariat dihemukan bahwa variabel yang paling dominan berlmlnmgan dengan status gizi adalah waklu menonton televisi, dalam arti siawa usia 7 - 9 tahim yang memililci waldu menonlon halervisi 2 3 jam sehari mempunyai peluang gizi lebih 13,006 kali dibandingum siawayang menonton televisi < 3 jam sehari; siswa usia 10 -12 tahun yang menonton televisi 2 3 jam sehzi mempunyai peluang gizi lebih 1,302 kali dibandinglmn siswa yang menonton televisi < 3 jam sehari, setelah dikontrol oleh variabel frekuens i jajan, waktu tidur siang, umur, tingkat pengetahuan gizi, tingkat pendidikan ibn, tingkat pendidilmn ayah, status pekerjaan ibu dan lingkatpendapatan keluarga per kapita/bulan.</div><hr /><div style="text-align: justify;">Weight for age (WFA) is an index used in determining children nutritional status. Over or rmdernutrition is caused by inbalance of nutrient conslmiption in the body. Overmrtrition situation among Primary School student, especially in urban areas nowadays is suspected to be associated with excessive food intake, masking in particular, and rerasvely poor physical testify. 'This study aimed to mamma me relation between food

consumption, snacking habit, and physical activity pattern among students of Santa Maria Fatima Primary School, East Jakarta. This study employed a non-experimental design with a cross sectional, where the data was collected at October 2001. Subjects were grade IV, V, and VI students. The dependent variable is nutritional status while independent variables consist of food consumption (energy, protein, and fat); snacking habit (frequency of snacking, type of snack, and frequency of fast food consumption); physical activity pattern (sleeping time during day and night, TV watching time, and exercise habit). Confounding variables consist of student's characteristics (age, sex, and nutrition knowledge), and parent's characteristics (mother's educational level, father's educational level, mother's working status, father's working status, and household per capita income per month). Univariate, bivariate, and multivariate analyses with logistic regression were applied in this study. The study found overnutrition of 17,9%, and normal nutrition status of 82,1%. The bivariate analysis showed that variables with significant relationship with nutritional status are frequency of snacking, type of snack, frequency of fast food consumption, sleeping time during day, TV watching time, father's educational level, mother's working status, and household per capita income per month. However, multivariate analysis showed that there are three variables most related to nutritional status, that is, frequency of snacking with OR = 3,437, sleeping time during day with OR = 2,937 and TV watching time with OR = 13,006 and 1,302, respectively. Moreover, the multivariate analysis found that the most dominant variable in relation to nutritional status is TV watching time. Students aged 7-9 years old with more or equal to 3 hours per day TV watching time had 13,006 times greater chance to be overnourished compared to their counterparts with TV watching time of less than 3 hours per day, while students aged 10-12 years old with more or equal to 3 hours per day TV watching time had 1,302 times greater chance to be overnourished compared to their counterparts with TV watching time of less than 3 hours per day after controlled by frequency of snacking, sleeping time during day, age, nutrition knowledge, mother's educational level, father's educational level, mother's working status, and household per capita income per month. Based on the study's results, it is recommended that related institutions, in this case Health Office/Public Health Centre to collaborate with schools to provide nutrition promotion program including how to prevent and how to overcome over-nutrition problem. Possible programs include "dokter kecil" activity (school health promoter) and school-based health program. Information on Balance Nutrition Guidelines needs to be embarked and targeted to both teacher and students according to their grade. School should establish an inspection team, with help from local health personnel, to inspect street food vendors around school as to obtain healthy and nutritionally balanced snacks. To other researchers intended to study similar topic, it is recommended to study a bigger sample size with various type of school, and to have more complete set of variables including psychology, lifestyle, and genetics information.