

Perbedaan Proporsi Prestasi Akademik Siswa Berdasarkan Status Gizi dan Faktor Lainnya di SMPN 119 Jakarta Tahun 2024

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Abstrak

Menurut hasil PISA 2018, prestasi akademik siswa Indonesia cukup rendah yang ditandai dengan peringkat Indonesia ke-74, 73, dan 71 dari 79 negara dalam bidang membaca, matematika, dan sains. Dampak dari prestasi akademik yang rendah mencakup tingkat kepuasan hidup yang rendah dan meningkatnya risiko perilaku menyimpang. Secara bersamaan, remaja sedang mengalami perkembangan pesat yang berdampak pada kerentanan terhadap pola makan tidak sehat. Penelitian ini bertujuan untuk mengetahui perbedaan proporsi prestasi akademik siswa berdasarkan status gizi, frekuensi makan, kebiasaan sarapan, kebiasaan konsumsi buah dan sayur, motivasi belajar, kebiasaan belajar, absensi, dan dukungan sosial. Penelitian kuantitatif ini menggunakan desain cross-sectional dengan jumlah sampel 199 siswa kelas 7 dan 8 di SMPN 119 Jakarta yang dipilih menggunakan teknik purposive sampling. Data diperoleh pada bulan Mei 2024 melalui pengukuran antropometri (tinggi badan dan berat badan), pengisian kuesioner, serta permintaan data rapor dan absensi dari pihak sekolah. Sebesar 49,7% siswa memiliki prestasi akademik yang lebih rendah dari median. Hasil analisis menunjukkan ada perbedaan proporsi prestasi akademik berdasarkan frekuensi makan ($p = 0,037$; OR = 0,516; 95% CI 0,287-0,925) dan kebiasaan sarapan ($p = 0,016$; OR = 2,084; 95% CI 1,181-3,676). Siswa dengan frekuensi makan cukup (≥ 3 kali sehari) dan jarang sarapan (≤ 3 hari seminggu) berisiko lebih besar memperoleh prestasi akademik yang lebih rendah dari median.

According to the 2018 PISA results, the academic achievement of Indonesian students is quite low, as indicated by Indonesia ranked 74th, 73rd, and 71st out of 79 countries in the fields of reading, mathematics, and science. The impacts of low academic achievement include low levels of life satisfaction and increased risk of deviant behavior. At the same time, teenagers are experiencing rapid development which has an impact on their vulnerability to unhealthy eating patterns. This research aims to determine differences in the proportion of students' academic achievement based on nutritional status, meal frequency, breakfast habits, fruit and vegetable consumption habits, studying motivation, study habits, absenteeism, and social support. This quantitative research used a cross-sectional design with a sample size of 199 students in grades 7 and 8 at SMPN 119 Jakarta who were selected using a purposive sampling technique. Data was obtained in May 2024 through anthropometric measurements, filling out questionnaires, as well as requesting report card and attendance data from the school. 49.7% of students had academic achievement lower than the median. The results of the analysis showed that there were differences in the proportion of academic achievement based on meal frequency ($p = 0.037$; OR = 0.516; 95% CI 0.287-0.925) and breakfast habits ($p = 0.016$; OR = 2.084; 95% CI 1.181-3.676). Students with sufficient meal frequency (≥ 3 times a day) and rarely eats breakfast (≤ 3 days a week) are at greater risk of achieving academic achievement that is lower than the median.