

ABSTRACT

One factor that could lead to over nutrition is exceeds of energy intake. Consumption of snacks contribute in increasing of over nutrition. It was associated with television viewing habits. The research was carried out at TKK Don Bosco since from the preliminary study result showed 22.33% students were over nutrition and this prevalence was higher compared to normative value (<5%).

The study was conducted to analyze differences in snack consumption habits while viewing TV on a pre-school children between over nutrition status and normal nutrition status.

This study was an observational with cross sectional design. Sample size of 68 pre-school students was divided into two groups: group consisting of students who had over nutrition status and a group of students who had normal nutrition status. The subjects were selected by simple random sampling. Dependent variable was nutritional status. Independent variables were children and parent characteristic, duration of physical habit, snack consumption habit while viewing TV, snack consumption patterns, food consumption patterns and intake of nutrients. Research instruments were questionnaire, food records and food frequency questionnaire, health smic and high scale. Data were analyzed by Chi-Square Test and Independent T-Test.

The results showed that there were no differences of snack consumption habits while viewing TV, no difference of physical habits, TV viewing habits, intake of nutrient between over nutritional status group and normal nutritional status group.

It can be concluded that there was no differences of snack consumption habits while viewing TV on a pre-school children with over nutritional status and normal nutrition because the length of TV viewing was short, small size and number of snack that does not effect the addition of macro nutrient on children. It is recommended for future studies to conduct follow up research on genetic, social and environmental factors to understand overnutrition in children.

Keywords : snack, TV viewing, over nutritional, pre-school children