

## ABSTRACT

Breakfast is a factor that plays an important role in meeting the energy needs of students. Students who do not have breakfast have a risk of nutritional status. Nutritional knowledge is one of the factors that influence habit of eating breakfast. This study was conducted to analyze their nutritional knowledge relations against the habit of eating breakfast and nutritional status of students in SMP Negeri 5 Banyuwangi.

This study was an observational study using cross sectional design. The sample of this study was 37 seventh grade students of SMP Negeri 5 Banyuwangi. The method of sampling is Proportionate Stratified Random Sampling. The data was collected by interviewing using nutritional knowledge questionnaire, habits of eating breakfast, 3x24 hours food recall method, and nutritional status was determined based on BMI for age measurements.

The results showed that the most students had poor nutrition knowledge (62.2%), good habit of eating breakfast (91.9%), and normal nutritional status (72.9%). The results regression test showed that there was correlation between nutritional knowledge and breakfast habits ( $p = 0.014$ ). There was no relationship between knowledge of nutrition and student nutritional status ( $p = 0.567$ ).

There was a relationship between nutritional knowledge and breakfast habits of students in SMP Negeri 5 Banyuwangi and there is no relationship between nutritional knowledge and nutritional status of students in SMP Negeri 5 Banyuwangi. Supervision and support from parents in providing a healthy and balanced breakfast so students can concentrate on learning well.

Keywords: nutritional knowledge, habits of eating breakfast, nutritional status, adolescents

## ABSTRAK

Sarapan merupakan suatu faktor yang berperan penting dalam memenuhi kebutuhan energi siswa sekolah. Anak yang tidak sarapan mempunyai risiko terhadap status gizi. Pengetahuan gizi merupakan salah satu faktor yang mempengaruhi kebiasaan sarapan. Penelitian ini bertujuan untuk menganalisis hubungan pengetahuan gizi terhadap kebiasaan sarapan dan status gizi siswa SMP Negeri 5 Banyuwangi.

Jenis penelitian ini merupakan penelitian observasional dengan metode pendekatan *cross sectional*. Besar sampel penelitian ini adalah 37 siswa kelas VII SMP Negeri 5 Banyuwangi. Cara pengambilan sampel dengan *Proportionate Stratified Random Sampling*. Pengambilan data dilakukan dengan wawancara menggunakan kuesioner pengetahuan gizi, kebiasaan sarapan, *food recall* 3x24 jam, dan status gizi ditentukan berdasarkan pengukuran IMT/U.

Hasil penelitian menunjukkan sebagian besar siswa memiliki pengetahuan gizi kurang (62,2%), kebiasaan sarapan baik (91,9%), status gizi normal (72,9%). Hasil uji regresi menunjukkan bahwa adanya hubungan pengetahuan gizi dengan kebiasaan sarapan ( $p=0,014$ ). Sedangkan tidak ada hubungan pengetahuan gizi dengan status gizi siswa ( $p=0,567$ ).

Adanya hubungan antara pengetahuan gizi dengan kebiasaan sarapan siswa SMP Negeri 5 Banyuwangi dan tidak adanya hubungan antara pengetahuan gizi dengan status gizi siswa SMP Negeri 5 Banyuwangi. Pengawasan dan *support* dari orang tua dalam menyediakan sarapan sehat dan seimbang agar siswa dapat berkonsentrasi belajar dengan baik.

Kata kunci: pengetahuan gizi, kebiasaan sarapan, status gizi, remaja