ABSTRACT

School-age children experience relatively stable growth spurt and an increase in nutritional needs. At this age children can begin to choose food or media to play according to their desires. Lack of monitoring the used of electronic media and food intake in children can affect the nutritional status. This study was to analyze the relationship between screen based activity, eating behavior, and healthy eating index with the nutritional status of children in Darush Sholihin Nganjuk Islamic elementary school.

This research was an observational analytic study with cross sectional design. The sample size were 48 students selected by proportional random sampling. The location was in the Darush Sholihin Nganjuk Islamic Elementary School. Data collection included height, weight, screen based activity, FFQ and 2x24 hour food recall. Data analysis used Spearman correlation and Kendall's tau statistical test with p = 0.05.

The results showed there were no correlation between screen based activity (p = 0.151), eating behavior of staple foods (p = 0.101), eating behavior of animal side dishes (p = 0.212), eating behavior of vegetables (p = 0.751), snacks eating behavior (p = 0.109), and HEI (p = 0.194) with nutritional status. This results also showed there were no correlation between energy intake (p = 0.654), protein intake (p = 0.499), fat intake (p = 0.381) and carbohydrate intake (p = 0.829) with nutritional status. There was a correlation between fruit eating behavior (p = 0.040) with nutritional status.

The conclusion of this study is the behavior of consuming fruits have a relationship with the nutritional status of children. School-age children should be given knowledge about intake of nutritious foods based on the guidelines for balanced nutrition and knowledge about consumption of whole fruit and processed fruit.

Keywords: school-age children, screen based activity, eating behavior, healthy eating index

ABSTRAK

Anak usia sekolah mengalami pertumbuhan serta perkembangan yang cukup stabil dan mengalami peningkatan dalam kebutuhan gizi. Di usia ini anak mulai bisa memilih makanan ataupun media bermain sesuai dengan keinginan mereka. Kurangnya pemantauan penggunaan media elektronik dan asupan makanan pada anak dapat berpengaruh terhadap status gizinya. Penelitian ini bertujuan untuk menganalisis hubungan *screen based activity*, perilaku makan, dan *healthy eating index* dengan status gizi anak di SDI Darush Sholihin Nganjuk.

Penelitian ini merupakan penelitian observasional analitik dengan desain *cross sectional*. Besar sampel 48 orang yang yang dipilih secara *proportional random sampling*. Lokasi penelitian ini berada di SD Islam Darush Sholihin Nganjuk. Pengumpulan data meliputi tinggi badan, berat badan, pengisian kuesioner menggunakan kuesioner *screen based activity*, *Food Frequency Questionnaire* (FFQ) dan *food recall* 2x24 jam. Analisis data dalam penelitian menggunakan uji statistik *Spearman correlation* dan *Kendall's tau* dengan p=0,05.

Hasil penelitian menunjukkan bahwa tidak ada hubungan *screen based activity* (p=0,151), perilaku makan makanan pokok (p=0,101), perilaku makan lauk hewani (p=0,212), perilaku makan lauk nabati (p=0,829), perilaku makan sayuran (p=0,751), perilaku makan jajanan (p=0,109) dan *healthy eating index* (p=0,194) dengan status gizi. Pada penelitian ini juga menunjukkan hasil bahwa tidak ada hubungan yang signifikan antara asupan energi (p=0,654), asupan protein (p=0,499), asupan lemak (p=0,381) dan asupan karbohidrat (p=0,829) dengan status gizi. Terdapat hubungan perilaku makan buah (p=0,040) dengan status gizi.

Kesimpulan dari penelitian ini adalah perilaku mengonsumsi buah-buahan memiliki hubungan dengan status gizi anak. Sebaiknya anak usia sekolah perlu diberikan pengetahuan terkait asupan makanan bergizi sesuai dengan pedoman gizi seimbang serta pengetahuan terkait konsumsi buah utuh dan buah olahan.

Kata kunci: anak usia sekolah, *screen based activity*, perilaku makan, *healthy eating index*