

**PERBEDAAN TINGKAT KONSUMSI DAN STATUS GIZI
ANTARA SISWA SDN BEBEKAN SARAPAN DAN NON SARAPAN
Studi di Desa Bebekan Kecamatan Taman Kabupaten Sidoarjo**

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ABSTRACT

Breakfast is important for the children who still study at school, because it has numerous activities that need energy and calories in large amount. A child who does not have breakfast is tending to hypoglycemia (low blood glucose levels) which cause of headache, cold sweat, and unconscious, so that the activity can be disturbed. The effect of a child who does not have breakfast is the energy will be decreased, so that this child can be has malnutrition status. The objective of the study is to analyze the differences of the consumption level (energy, proteins, carbohydrate, and fat) and nutrition status of a child who still study in elementary school's breakfast and non breakfast. This research was analytical research and has a character of observation comparative. From the time research, it was cross sectional research. The sample's quantity was 30 elementary school children that divided into two groups with a child who have breakfast status and a child who does not have breakfast status. Both of these groups were selected by simple random sampling. The primer data assembled via interview with questioner. Besides that, the secondary data got by related agencies. *Wilcoxon Mann-Whitey* and *Fisher's ExacIt Test* ($\alpha=0,05$) test was the statistical test that I used. The result showed that there was differences of level's energy consumption ($p=0,029$), level's protein consumption ($p=0,036$). On the other hand there was no differences in level's carbohydrate consumption ($p=0,291$), level's fat consumption ($p=1,000$) and the nutrition status of a child ($p=0,096$). From the result of this research, we can get a conclusion that breakfast is important for a child to help them fill their energy. With it, they can be more animated and active in their study. Besides that, it is useful to establish have breakfast together in school for make the children more animated to have breakfast with their friends.

Keywords : elementary school student, breakfast, level of consumption, nutritional status.

ABSTRAK

Sarapan bagi anak usia sekolah sangatlah penting, karena sekolah adalah waktu yang penuh aktivitas yang membutuhkan energi dan kalori yang cukup besar. Anak yang tidak sarapan rentan terhadap hipoglikemi (kadar glukosa darah yang rendah) yang mengakibatkan pusing, keringat dingin, dan pingsan, sehingga aktivitas terganggu. Dampak dari tidak sarapan dapat menurunkan energi, sehingga anak dapat menyandang status gizi kurang. Penelitian dilakukan dengan tujuan menganalisis perbedaan tingkat konsumsi (energi, protein, karbohidrat dan lemak) dan status gizi anak sekolah dasar sarapan dan non sarapan. Penelitian ini merupakan penelitian analitik dan bersifat observasional komparatif. Menurut waktunya termasuk penelitian *cross sectional*. Besar sampel sebanyak 30 anak sekolah dasar yang terbagi menjadi dua kelompok yaitu anak sekolah dasar dengan status sarapan dan anak sekolah dasar dengan status non sarapan. Kedua kelompok ini dipilih secara *simple random sampling*. Data primer dikumpulkan melalui wawancara dengan menggunakan kuesioner. Data sekunder diperoleh dari instansi terkait. Uji statistik yang digunakan adalah uji *Wilcoxon Mann-Whitney* dan *Fisher's Exact Test* ($\alpha=0,05$). Hasil penelitian menunjukkan bahwa terdapat perbedaan tingkat konsumsi energi ($p=0,029$), tingkat konsumsi protein ($p=0,036$). Sebaliknya tidak ada perbedaan tingkat konsumsi karbohidrat ($p=0,291$), tingkat konsumsi lemak ($p=1,000$) dan status gizi siswa ($p=0,096$). Dari hasil penelitian dapat disimpulkan bahwa sarapan penting bagi siswa dalam membantu memenuhi kebutuhan energinya. Dengan sarapan anak menjadi lebih bersemangat dan terlibat aktif dalam belajar. Perlu diadakan kegiatan sarapan bersama di sekolah agar anak lebih semangat sarapan bersama teman-temannya.

Kata kunci : anak sekolah dasar, sarapan, tingkat konsumsi, status gizi.