

ABSTRACT

The prevalence of undernutrition in Indonesia especially wasting is never been decreased significantly from year to year. Research showed that the habits of snacking and skipping breakfast contributes to undernutrition status. This research aimed to analyze the association between skipping breakfast and snacking habits including: snacking frequency and selection of snack food with wasting of elementary school children in the village.

Analytical observational research with case control design was conducted in 3 elementary school in Sembung Village, Gresik. The sample size was 22 each group, which was taken by using simple random sampling technique at student of 3rd, 4th and 5th grade. Association among variables were analyzed using Chi-Square test.

The result showed that 68.2% cases's respondent used to skip breakfast and 72.7% control's respondent used to eat breakfast daily. 68.2% cases's respondent bought more then twice snack in a day and 59.1% control's respondent bought twice or less snack in a day. 77.3% cases's respondent used to consume low nutritional value's snack food and 72.7% control's respondent used to consume high nutritional value's snack food. Chi-Square test showed there is an association between breakfast habits with wasting ($P=0.007 < (\alpha=0.05)$), there is no association between snacking frequency with wasting ($P=0.069 > (\alpha=0.05)$) and there is an association between selection of snack food based on nutritional values with wasting ($P=0.001 < (\alpha=0.05)$).

Parents are responsible for providing foods with adequate nutrient for their children and habituate their children to have breakfast at home and give them the understanding about snack food that able and healthy to be consumed. Children are need to be encouraged in order to increase physical activity to gain health. The school also needs to provide direct supervision of food and beverages which is sold in the canteen.

Keywords: wasting, breakfast, snacking habit

ABSTRAK

Prevalensi gizi kurang di Indonesia khususnya *wasting* tidak pernah mengalami penurunan yang signifikan dari tahun ke tahun. Penelitian menunjukkan bahwa kebiasaan jajan dan kebiasaan melewati sarapan berkontribusi terhadap kejadian *wasting* di pedesaan. Penelitian ini bertujuan untuk menganalisis hubungan antara kebiasaan sarapan dan kebiasaan jajan, yang meliputi frekuensi membeli jajanan dan pemilihan makanan jajanan dengan kejadian *wasting* pada anak sekolah dasar di pedesaan.

Penelitian observasional analitik dengan desain *case control* ini dilakukan di 3 sekolah dasar di Desa Sembung Kecamatan Wringinanom Kabupaten Gresik. Sampel masing-masing kelompok berjumlah 22 responden yang diambil secara acak dengan *simple random sampling* pada siswa kelas 3,4 dan 5. Hubungan antar variabel dianalisis menggunakan uji Chi-Square.

Hasil penelitian menunjukkan bahwa responden kelompok kasus, 68.2% terbiasa melewati sarapan, sedangkan responden kelompok kontrol 72.7% terbiasa sarapan. Responden kelompok kasus 68.2% memiliki frekuensi jajan >2 kali dan responden kelompok kontrol 59.1% memiliki frekuensi jajan ≤ 2 kali. Pemilihan Makanan Jajanan responden kelompok kasus 77.3% terbiasa membeli makanan jajanan bernilai gizi rendah dan 72.7% responden kelompok kontrol terbiasa membeli makanan jajanan bernilai gizi tinggi. Uji Chi-Square menunjukkan ada hubungan antara kebiasaan sarapan dengan kejadian *wasting* ($P=0.007$) $< (\alpha=0.05)$, tidak ada hubungan antara frekuensi membeli makanan jajanan dengan kejadian *wasting* ($P=0.069$) $> (\alpha=0.05)$ dan ada hubungan antara pemilihan makanan jajanan dengan kejadian *wasting* ($P=0.001$) $< (\alpha=0.05)$.

Orang tua bertanggungjawab menyediakan makanan yang memenuhi gizi anak, membiasakan anak untuk sarapan di rumah, dan memberikan pemahaman mengenai makanan jajanan yang baik untuk dikonsumsi. Anak dianjurkan agar menambah aktivitas fisik untuk meningkatkan kesehatan anak. Pihak sekolah juga perlu melakukan pengawasan langsung terhadap makanan dan minuman yang dijual kantin sekolah.

Kata kunci: *wasting*, sarapan, kebiasaan jajan.