

ABSTRAK

Kebutuhan tidur normal anak usia 3-6 tahun 10-12 jam perhari. Kurang tidur dianggap menjadi salah satu penyebab gangguan pertumbuhan anak, yakni meningkatnya berat badan. Durasi tidur kurang dari 7 jam mengakibatkan menurunnya hormon leptin dan meningkatkan hormon ghrelin. Penelitian ini bertujuan untuk mengetahui gambaran durasi tidur dan Indeks Massa Tubuh pada anak usia 3-6 tahun di Wilayah Kerja UPT. Puskesmas Sukomulyo, Manyar, Gresik. Metode penelitian ini deskriptif dengan populasi seluruh siswa TK Negeri Pembina GKB yang berusia 3-6 tahun sebanyak 163 responden dengan tehnik *total sampling*. Data primer yang diperoleh dari hasil pengukuran tinggi badan, berat badan, serta pengisian kuisisioner SDSC. Hasil pengolahan data didapatkan sebanyak 118 responden (72,4%) berusia 5-6 tahun dan sisanya berusia 3-4 tahun sebanyak 45 responden (27,6%). Sebagian besar berjenis kelamin laki-laki sebanyak 82 responden (50,3%) dan sisanya berjenis kelamin perempuan sebanyak 81 responden (49,7%). Durasi tidur 163 responden tersebut sebagian besar berdurasi pendek (7-9 jam perharinya) sebanyak 104 responden (63,8%). Sedangkan untuk indeks massa tubuhnya sebagian besar normal, yakni sebanyak 117 responden (71,78%). Kesimpulan dari penelitian ini adalah sebagian besar durasi tidur dan indeks massa tubuh anak usia 3-6 tahun di TK Negeri Pembina GKB berdurasi pendek, yakni sekitar 7-9 jam perharinya dan berindeks massa tubuh normal.

Kata kunci : Durasi Tidur, Indeks Massa Tubuh, Anak Usia 3-6 Tahun

ABSTRACT

Normal sleep needs of children aged 3-6 years 10-12 hours per day. Sleep deprivation is considered to be one of the causes of a child's growth disorder, namely increasing body weight. The duration of sleep less than 7 hours results in a decrease in the hormone leptin and increases the hormone ghrelin. This study aims to describe the duration of sleep and the Body Mass Index in children aged 3-6 years in the UPT Working Area Sukomulyo, Manyar, Gresik. This research method is descriptive with a population of all State Kindergarten Students GKB Trustees aged 3-6 years as many as 163 respondents with total sampling technique. Primary data obtained from measurements of height, weight, and filling in the SDSC questionnaire. The results of data processing obtained as many as 118 respondents (72.4%) aged 5-6 years and the rest aged 3-4 years as many as 45 respondents (27.6%). Most of them are male as many as 82 respondents (50.3%) and the rest are female as many as 81 respondents (49.7%). The sleep duration of 163 respondents was mostly short (7-9 hours per day) as many as 104 respondents (63.8%). While for the body mass index, most are normal, which is as many as 117 respondents (71.78%). The conclusions of this study are mostly sleep duration and body mass index of children aged 3-6 years in the GKB Builder State Kindergarten of short duration, which is around 7-9 hours per day and normal body mass index.

Keywords: *Sleep Duration, Body Mass Index, Children 3-6 Years Old*