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HUBUNGAN TINGKAT ASUPAN ENERGI DAN ZAT GIZI MAKRO DENGAN STATUS GIZI ANAK SEKOLAH KELAS 4 DAN 5 DI SDN 2 GUNTUNG MANGGIS KOTA BANJARBARU TAHUN 2020

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Sumber terbesar energi tubuh adalah karbohidrat dan protein yang diperlukan untuk sebagian besar proses metabolik, sedangkan lemak memegang peran penting sebagai komponen struktural dan fungsional membran sel. Penelitian ini bertujuan untuk mengetahui hubungan tingkat asupan energi dan zat gizi makro dengan status gizi anak sekolah kelas 4 dan 5 di SDN 2 Guntung Manggis Kota Banjarbaru Tahun 2020. Penelitian ini bersifat analitik dengan rancangan *Cross sectional*. Populasi dalam penelitian ini adalah siswa dan siswi kelas 4 dan 5. Sampel dalam penelitian ini sebanyak 115 orang. Analisa dilakukan secara deskriptif dan statistik menguji *spearman correlation*. Umur responden dalam penelitian ini sebagian besar berumur 11 tahun yaitu 40%. Jenis kelamin responden dalam penelitian ini sebagian besar berjenis kelamin laki-laki 64%. Status gizi responden dalam penelitian ini dalam penelitian ini diketahui dalam kategori normal yaitu sebanyak 61.7%. Tingkat asupan energi tergolong defisit tingkat ringan sebanyak 48,7%. Tingkat asupan protein tergolong defisit tingkat ringan sebanyak 43.5%. Tingkat asupan lemak tergolong defisit tingkat ringan sebanyak 42.6%. Tingkat asupan karbohidrat tergolong defisit tingkat ringan sebanyak 51.3%. Ada hubungan antara asupan energi dengan status gizi anak sekolah diperoleh dengan nilai $p = 0,002$. Ada hubungan antara asupan protein dengan status gizi anak sekolah diperoleh dengan nilai $p = 0,002$. Tidak ada hubungan antara asupan asupan dengan status gizi anak sekolah diperoleh dengan nilai $p = 0,008$. Ada hubungan antara asupan karbohidrat dengan status gizi anak sekolah diperoleh dengan nilai $p = 0,005$.

Kata kunci : tingkat asupan energi, protein, lemak, karbohidrat dan status gizi.

ABSTRACT

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THE RELATIONSHIP OF ENERGY INTAKE LEVELS AND MACRO NUTRITION MATERIALS WITH CHILDREN NUTRITIONAL STATUS OF CLASSES 4 AND 5 IN SDN 2 GUNTUNG MANGGIS CITY OF BANJARBARU CITY 2020

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The body's largest sources of energy are carbohydrates and proteins which are necessary for most metabolic processes, while fat plays an important role as a structural and functional component of cell membranes. This study aims to determine the relationship between the level of energy intake and macro nutrition with the nutritional status of grade 4 and 5 school children at SDN 2 Guntung Manggis, Banjarbaru City, 2020. This research is analytical with a cross sectional design. The population in this study were students and grade 4 and 5. The sample in this study were 115 people. The analysis was carried out descriptively and statistically testing the Spearman correlation. Most of the respondents in this study were 11 years old, namely 40%. The gender of the respondents in this study was mostly male, 64%. The nutritional status of respondents in this study in this study was found to be in the normal category, namely as much as 61.7%. The level of energy intake is classified as a mild deficit of 48.7%. The level of protein intake is classified as a mild deficit of 43.5%. The level of fat intake is classified as a mild deficit of 42.6%. The level of carbohydrate intake is classified as a mild deficit of 51.3%. There is a relationship between energy intake and nutritional status of school children, which is obtained with a value of $p = 0.002$. There was a relationship between protein intake and nutritional status of school children, it was obtained with a value of $p = 0.002$. There was no relationship between intake and nutritional status of school children, it was obtained with a value of $p = 0.008$. There is a relationship between carbohydrate intake and the nutritional status of school children, which is obtained with a value of $p = 0.005$.