

## **ABSTRAK**

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### **HUBUNGAN ANTARA AKTIVITAS FISIK DAN KONSUMSI SUSU DENGAN STATUS GIZI ANAK SEKOLAH DI SDN 004 KALIORANG SELAMA PANDEMI COVID-19**

Skripsi. Program Studi S1 Gizi. 2022

(xv+54+34 lampiran)

Aktivitas fisik dan konsumsi susu merupakan salah satu faktor yang dapat mempengaruhi status gizi. Penelitian ini bertujuan untuk mengetahui hubungan antara aktivitas fisik dan konsumsi susu dengan status gizi anak di SDN 004 Kaliorang. Penelitian ini dilakukan di SDN 004 Kaliorang pada bulan Mei 2022. Penelitian ini menggunakan desain *cross-sectional*. Populasi dari penelitian ini adalah 98 anak SD. Sampel penelitian ini adalah 49 anak SD, yang dipilih menggunakan metode *purposive sampling*. Data aktivitas fisik didapat dengan menggunakan kuesioner aktivitas fisik, sedangkan data konsumsi susu didapat menggunakan FFQ. Data dianalisis menggunakan uji *Rank Spearman*. Hasil penelitian menunjukkan sebagian besar responden memiliki status gizi normal (55,10%), tingkat aktivitas fisik dalam kategori sedang (48,98%), frekuensi konsumsi susu dalam kategori sedang dan sangat kurang (38,78%), dan jumlah konsumsi susu dalam kategori sangat kurang (55,10%). Hasil analisis statistik menunjukkan bahwa aktivitas fisik ( $p=0,001$ ), frekuensi konsumsi susu ( $p=0,018$ ) dan jumlah konsumsi susu ( $p=0,004$ ) memiliki hubungan dengan status gizi anak sekolah pada masa pandemi Covid-19. Responden disarankan untuk dapat mempertahakan dan meningkatkan aktivitas fisik (misalnya berolahraga) serta meningkatkan frekuensi dan jumlah susu yang dikonsumsi.

**Kata Kunci :** Aktivitas fisik, konsumsi susu, status gizi, anak sekolah, pandemi Covid-19

## **ABSTRACT**

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### **RELATION OF PHYSICAL ACTIVITY AND MILK CONSUMPTION TO NUTRITIONAL STATUS OF SCHOOL CHILDREN AT STATE ELEMENTARY SCHOOL 004 IN KALIORANG DURING THE COVID-19 PANDEMIC**

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*(xv+54+34 appendices)*

*Physical activity and milk consumption are factors that can affect nutritional status. This study aimed to determine the relation of physical activity and milk consumption to the nutritional status of school children at State Elementary School 004 in Kaliorang. This research was conducted at State Elementary School 004 in Kaliorang in May 2022. This study used a cross-sectional design. The population of this study were 98 elementary school children. Research samples were 49 elementary school children, selected using the purposive sampling method. Physical activity data were obtained using a physical activity questionnaire, while milk consumption data were obtained using the FFQ. The data were analyzed using the Spearman Rank test. The results showed that most of school children had normal nutritional status (55,10%), moderate physical activity level (48,98%), the frequency of milk consumption was in the moderate category and very low (38,78%), the amount of milk consumption was in the very low category (55,10%). The results of statistical analysis showed that physical activity ( $p=0,001$ ), frequency of milk consumption ( $p=0,018$ ) and the amount of milk consumption ( $p=0,004$ ) had relationships with the nutritional status of school children during the Covid-19 pandemic. Respondents are advised to maintain and increase physical activity (e.g exercising) and increase the frequency and the amount of milk consumed.*

**Keywords :** Physical activity, milk consumption, nutritional status, school children, the Covid-19 pandemic