

ABSTRAK

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HUBUNGAN KONSUMSI MAKANAN JAJANAN DAN PENYAKIT INFEKSI DENGAN STATUS GIZI ANAK PRA SEKOLAH DI PAUD SABILA BANJARBARU

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(xiv + 45)

Status gizi adalah keadaan gizi seseorang yang dapat dilihat untuk mengetahui apakah seseorang tersebut itu normal atau bermasalah. Kekurangan gizi pada anak usia dini disebabkan oleh beberapa faktor diantaranya kurangnya mendapatkan asupan gizi seimbang, penyakit infeksi, kurangnya pengetahuan ibu tentang status gizi, kebiasaan makanan jajanan anak. Tujuan penelitian untuk mengetahui hubungan konsumsi makanan jajanan dan penyakit infeksi dengan status gizi anak pra sekolah di PAUD Sabila Banjarbaru. Metode penelitian kuantitatif, pendekatan *cross sectional*. Populasi siswa/siswi kelas A1 dan B1 yang berusia 4-6 tahun sebanyak 30 anak, teknik *total sampling*. Analisis menggunakan uji *Rank Spearman*. Hasil penelitian menunjukkan status gizi anak pra sekolah sebagian besar kategori sedang sebanyak 16 anak (53,3%) dan status penyakit infeksi anak kategori mengalami penyakit infeksi sebanyak 16 anak (53,3%). Konsumsi makanan jajanan berhubungan dengan status gizi anak pra sekolah di PAUD Sabila Banjarbaru ($p=0,001$). Status penyakit infeksi tidak berhubungan dengan status gizi anak pra sekolah di PAUD Sabila Banjarbaru ($p=0,896$). Diharapkan petugas kesehatan dapat dengan rutin melakukan penyuluhan/edukasi kesekolah-sekolah terutama kepada orang tua tentang dampak dari mengonsumsi makanan jajanan diluar.

Kata kunci: Konsumsi Makanan Jajanan anak pra sekolah, Status Gizi, Status Penyakit Infeksi

ABSTRACT

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THE CORRELATION OF SNACK FOOD CONSUMPTION AND INFECTIOUS DISEASES WITH THE NUTRITIONAL STATUS OF PRE-SCHOOL CHILDREN IN PAUD SABILA BANJARBARU

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Nutritional status is a person's nutritional condition which can be seen to determine whether the person is normal or has problems. Malnutrition in early childhood is caused by several factors, including lack of balanced nutritional intake, infectious diseases, lack of maternal knowledge about nutritional status, and children's snack habits. The aim of the research was to determine the relationship between snack food consumption and infectious diseases with the nutritional status of pre-school children at PAUD Sabila Banjarbaru. Quantitative research method, cross sectional approach. The population of students in classes A1 and B1 aged 4-6 years is 30 children, total sampling technique. Analysis uses the Spearman Rank test. The results of the study showed that the nutritional status of pre-school children was mostly in the medium category, 16 children (53.3%), the infectious disease status category was 16 children (53.3%). Consumption of snack foods is related to the nutritional status of pre-school children at PAUD Sabila Banjarbaru ($p=0.001$). Infectious disease status was not related to the nutritional status of pre-school children at PAUD Sabila Banjarbaru ($p=0.896$). It is hoped that health workers can regularly provide outreach/education in schools, especially to parents about the impact of consuming snacks outside.

Keywords: *Snack Food Consumption, Nutrition Status, Infectious Diseases*