

ABSTRAK

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HUBUNGAN KEBIASAAN MAKAN, TINGKAT PENDIDIKAN IBU DAN JUMLAH ANGGOTA KELUARGA DENGAN STATUS GIZI PADA SISWA PAUD BUMBLE BEE

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(xiii + 64)

Kebiasaan makan anak usia sekolah cenderung tinggi makanan jajanan dan rendah sayuran. Hal ini dapat menyebabkan asupan gizi yang lebih rendah dibandingkan kebutuhan dan mempengaruhi status gizi. Diketahui faktor yang mempengaruhi status gizi anak adalah kebiasaan makan, pendidikan orang tua dan jumlah anggota keluarga. Tujuan penelitian untuk mengetahui hubungan kebiasaan makan, tingkat pendidikan ibu dan jumlah anggota keluarga dengan status gizi siswa PAUD Bumble Bee. Metode penelitian survey analitik kuantitatif, pendekatan *cross sectional*. Populasi siswa PAUD Bumble Bee sebanyak 112 orang, sampel sebanyak 59 orang, teknik *total purposive sampling*. Analisis menggunakan uji *Rank Spearman*. Hasil penelitian menunjukkan sebagian besar kebiasaan makan kategori kebiasaan makan sehat sebanyak 49 responden (83,1%), pendidikan ibu kategori pendidikan tinggi sebanyak 42 responden (71,2%), jumlah anggota keluarga kategori keluarga kecil sebanyak 41 responden (69,5%). Status gizi kategori baik sebanyak 48 responden (81,4%). Kebiasaan makan ($p=0,724$), pendidikan ibu ($p=0,922$) dan jumlah anggota keluarga ($p=0,766$) tidak berhubungan dengan status gizi pada siswa PAUD Bumble Bee. Diharapkan orang tua tetap memperhatikan kebiasaan makan anaknya, terus meningkatkan pengetahuan tentang gizi untuk memenuhi kebutuhan gizi anggota keluarga yang dapat berdampak pada status gizi yang baik.

Kata kunci: Jumlah anggota keluarga, kebiasaan makan, status gizi, tingkat pendidikan ibu

ABSTRACT

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THE RELATIONSHIP OF EATING HABITS, MOTHER'S EDUCATIONAL LEVEL AND NUMBER OF FAMILY MEMBERS WITH NUTRITIONAL STATUS IN BUMBLE BEE PRESCHOOL STUDENTS

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Eating habits of school-age children tend to be high in snacks and low in vegetables. This can cause nutritional intake to be lower than requirements and affect nutritional status. It is known that factors that influence children's nutritional status are eating habits, parental education and number of family members. The aim of the research was to determine the relationship between eating habits, maternal education level and number of family members with the nutritional status of Bumble Bee PAUD students. Quantitative analytical survey research method, cross sectional approach. The population of Bumble Bee PAUD students is 112 people, the sample is 59 people, purposive sampling technique. Analysis uses the Spearman Rank test. The results of the study showed that the majority of eating habits were in the healthy eating habits category as many as 49 respondents (83.1%), the mother's education was in the higher education category as many as 42 respondents (71.2%), the number of family members in the small family category was 41 respondents (69.5%). The nutritional status of 48 respondents (81.4%) was in the good category. Eating habits ($p=0.724$), mother's education ($p=0.922$) and number of family members ($p=0.766$) were not related to nutritional status in Bumble Bee PAUD students. It is hoped that parents will continue to pay attention to their children's eating habits, continue to increase knowledge about nutrition to meet the nutritional needs of family members which can have an impact on good nutritional status.

Key words: *Eating habits, mother's education level number of family members, nutritional status*