

Kontribusi Energi dan Protein Makanan Jajanan terhadap Konsumsi Energi dan Protein Total Serta Kaitannya dengan Status Gizi (Studi Kasus pada Pelajar SLTP Negeri 3 Semarang)

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Untuk memenuhi kebutuhan gizinya selama di sekolah para pelajar melakukan aktivitas jajan. Jajanan yang baik akan mempunyai kontribusi yang positif terhadap kebutuhan konsumsi gizi seseorang. Khusus pelajar SLTP yang tergolong remaja awal, pemenuhan kebutuhan konsumsi gizinya perlu mendapat perhatian tersendiri mengingat mereka sedang mengalami pertumbuhan fisik yang pesat dan perkembangan mental yang labil. Oleh karenanya sangat perlu dilakukan studi pada konsumsi gizi khususnya energi dan protein dari makanan jajanan oleh pelajar SLTP dengan tujuan untuk mengetahui peranannya terhadap konsumsi energi dan protein total serta kaitannya dengan status gizi.

Jenis penelitian ini adalah penelitian penjelasan dengan menggunakan metode survei dan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah pelajar kelas 1 dan 2 SLTP Negeri 3 Semarang. Sedang sampelnya ditetapkan sebanyak 50 siswa yang ditarik menggunakan tehnik sampel bertahap.

Hasil penelitian ini menunjukkan makanan jajanan mempunyai kontribusi energi rata-rata sebesar 22,5% dan kontribusi protein rata-rata 29,5%. Konsumsi energi rata-rata sebesar 2301,6 kalori per hari dan konsumsi protein rata-rata sebesar 71,8 gr per hari. Konsumsi energi dan protein total secara simultan memberi pengaruh yang positif terhadap status gizi ($R^2=0,676$ dan $p=0,000$). Konsumsi energi dan protein makanan jajanan secara simultan memberikan pengaruh yang positif terhadap status gizi ($R^2=0,237$ dan $p=0,002$).

Saran bagi pihak sekolah adalah menambah pengetahuan pelajar mengenai pemilihan makanan jajanan yang sehat lewat mata pelajaran dan memantau serta memberikan pembinaan pada para penjaja makanan di lingkungan sekolah.

Kata Kunci: Konsumsi Energi dan Protein, Makanan Jajanan di Sekolah, Status Gizi

Contribution Energy and Protein of Street Food Sold in The School for Total Energy and Protein Intake Related to Nutritional Status(The Case Study on Junior High School Student at SLTP Negeri 3 Semarang)

To fulfill their nourishing need during at their school, every students buy the street food. The good street food will have a positive contribution for nourishing consume in need of the person. Especially for junior high school student who are in the range of initial adolescence, the requirement of nourishing consume needs special concern because they are having grown their significant physics and developed emotional upheavals. Since of that, it needs to do the case study in nourishing consume especially in energy and protein from street food of junior high school students with the purpose to know their role from total energy and protein consume and their related to nutritional status.

The kind of this research is the expose of research by using survey methods and cross sectional approachment. The population this research are the students in the first and second years of SLTP Negeri 3 Semarang. Meanwhile, the sample of 50 students are taken by using phase sampling technique.

The result of this research shows that street food have energy contribution in average of 22,5% and protein contribution in average of 29,3%. The consume of total energy in average of 2301,6 calori par day and total protein consume in average of 71,8 g par day. The total energy and protein consume give a positive impact simultaneously for nourishing status ($R^2=0,676$ and $p=0,000$). The energy and protein of street food give a positive impact simultaneously for nourishing status ($R^2=0,237$ and $p=0,002$).

The suggestion to the school is add the knowledge of students which deal with in choosing the healthy street food by applying in a school subject, to watch and give consultance for the vendors of street food seller in the school environment.

Keyword: Energy and Protein Consume, Street Food in The School, Nourishing Status.