

GAMBARAN KEBIASAAN JAJAN SISWA DI SEKOLAH

Studi di Sekolah Dasar Hj. Isriati Semarang

Artikel Penelitian

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ABSTRAK

Latar Belakang: Kebiasaan mengonsumsi makanan jajanan sangat populer dikalangan anak-anak sekolah. Kebiasaan jajan tersebut sangat sulit untuk dihilangkan. Biasanya makanan jajanan yang mereka sukai adalah makanan dengan warna, penampilan, tekstur, aroma dan rasa yang menarik. Penelitian ini bertujuan untuk mendeskripsikan kebiasaan jajan siswa di Sekolah Dasar Hj. Isriati Semarang.

Metode: Jenis penelitian ini adalah penelitian deskriptif. Sampel penelitian ini adalah siswa kelas 5 SD Hj. Isriati Semarang. Pengambilan sampel dilakukan dengan *proportional random sampling*. Jumlah sampel sebanyak 78 siswa. Data yang dikumpulkan meliputi kebiasaan jajan anak di sekolah dan kebiasaan lain yang berhubungan dengan kebiasaan jajan. Data diperoleh dari hasil pengisian kuesioner.

Hasil: Sebagian besar siswa (98,7%) mengonsumsi jajanan di sekolah. Siswa terbiasa mengonsumsi sarapan dan tidak membawa bekal makanan ke sekolah. Rata-rata siswa menghabiskan uang sebesar Rp. 5.090,91 perhari untuk membeli makanan jajanan. Sebanyak 58,4% siswa membeli jajanan di sekitar atau luar sekolah. Sebagian besar makanan jajanan (72,7%) berisiko tinggi mengandung bahaya. Rata-rata siswa jajan 2 kali dalam sehari pada waktu istirahat sekolah. Sebanyak 42,3% siswa jarang mencuci tangan sebelum makan dan 35,9% siswa pernah sakit setelah mengonsumsi jajanan.

Simpulan: Siswa SD Hj. Isriati Semarang gemar membeli makanan jajanan meskipun terbiasa mengonsumsi makan pagi. Makanan jajanan juga banyak dibeli oleh siswa yang tidak membawa bekal makanan ke sekolah. Banyak siswa membeli makanan jajanan yang dijual di sekitar atau luar sekolah. Sebagian besar makanan jajanan yang dijual berisiko tinggi mengandung bahaya. Siswa pernah sakit setelah mengonsumsi jajanan di sekolah.

Kata Kunci: anak sekolah, sarapan, uang saku, makanan jajanan.

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**THE DESCRIPTION OF
THE STUDENTS' HABIT OF SNACKS AT SCHOOL**
Study at Hj. Isriati Elementary School Semarang

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ABSTRACT

Background: The habit of eating snacks is quite popular among the school aged children. This habit of taking snacks is very difficult to be removed. Usually the snacks that students like much are those with attractive color, appearance, texture, flavor, and taste. This study aims at describing the habit of eating snacks of the students at Hj. Isriati Elementary School Semarang.

Method: This research was descriptive in nature. The research samples were 78 fifth grade school children selected by using *proportional random sampling* technique. The collected data included the habit of taking snacks of the students at school and other habits related to habit of taking snacks. The data were collected using a questionnaire.

Result: Most of the students (98,7%) consumed snacks at school. The students were used to having their breakfast and were not used to bringing the foods with them to school. On the average, the students spent Rp. 5.090,91 a day to buy snacks. Approximately 58,4% of the students purchased snacks or foods around or outside the school area. Most of the snacks or foods (72,7%) risked to have dangerous effects or poisonous substances. Generally, the students ate snacks twice a day when it came to school's break. As many as 42.3% of the students rarely washed their hands before having their meal or snacks and 35,9% of them had ever suffered from illness after consuming snacks or meal.

Conclusion: The students of Hj. Isriati Elementary School in Semarang buy foods or snacks at school even though they are used to having their breakfast at home. The snacks themselves are also excessively purchased by students who do not bring their own food to school. Many of the students buy snacks or foods sold around or outside the school area. Mainly, the snacks or food sold around or outside the school risk to contain poisonous or hazardous substances. The students have ever been sick for consuming snacks at school.

Keywords: school aged children, breakfast, pocket money, snacks.

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