

PERBEDAAN STATUS GIZI, TINGKAT KUCUKUPAN GIZI, DAN AKTIFITAS FISIK SISWA ASRAMA DENGAN NON ASRAMA (STUDI DI SD AL-AMIN NGRUKI GROGOL KAB.SUKOHARJO TAHUN 2006)

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Faktor yang tidak dapat diabaikan dalam mempengaruhi kualitas sumberdaya manusia adalah keadaan kesehatan dan gizi termasuk didalamnya gizi anak sekolah. Gizi anak sekolah dapat dinilai dengan pemantauan dan penimbangan berat badan anak secara teratur sehingga mencerminkan status gizi anak sekolah tersebut. Status gizi dipengaruhi tingkat konsumsi gizi dan aktivitas anak usia sekolah. Tujuan penelitian ini untuk menganalisis perbedaan status gizi, tingkat kecukupan konsumsi gizi dan aktifitas fisik siswa asrama dan non asrama. Jenis penelitian analitik dengan metode survei dengan rancangan *cross sectional*. Populasi penelitian adalah siswa kelas 4-5 sebanyak 192 siswa. Sampel sebanyak 90 siswa terdiri dari 30 siswa asrama dan 60 non asrama diambil secara *proportional random sampling* sesuai kriteria inklusi dan eksklusi. Analisis data dengan *T-Test*. Hasil status gizi responden tergolong normal dengan rata-rata siswa asrama (-0,561) dan non asrama (-0,178) dengan $p=0,702$, tingkat kecukupan energi tergolong defisit dengan rata-rata asrama (66,7%) non asrama (15,67%) $p=0,262$ dan tingkat kecukupan protein tergolong defisit siswa asrama (36,67%) non asrama (33,33%) $p=0,553$, aktifitas fisik rata-rata siswa asrama (KM=1,86) dan non asrama (KM=1,82) $p=0,516$. Terbukti tidak ada perbedaan status gizi, tingkat kecukupan gizi dan aktifitas fisik siswa asrama dan non asrama. Perlu adanya pembinaan dan sosialisasi masalah kesehatan mengenai pemantauan berat badan secara teratur dan peningkatan pengetahuan tentang pengelolaan makanan.

Kata Kunci: status gizi, tingkat kecukupan gizi, aktivitas fisik, asrama dengan non asrama

DIFFERENCE OF NUTRITION STATUS, LEVEL OF NUTRITION SUFFICIENCY AND PHYSICAL ACTIVITY OF STUDENT IN BOARDING HOUSE (STUDY IN SD AL-AMIN NGRUKI GROGOL KAB.SUKOHARJO 2006)

factor which cannot be disregarded in influencing quality of human resource is health condition and nutrition inclusive in nutrition of schoolchild. Nutrition of schoolchild can be shown with weight measure monitoring of child body regularly so that shown nutrition status of the schoolchild. Nutrition status influenced by the level of nutrition consumed and school age child activity. The aim of this research is to analyzing difference of nutrition status, level of sufficiency nutrition consumed and physical activity of student in boarding house. type of analytic research by survey method and device of cross sectional. Population of this research is class 4-5 of student as much 192 students. Sample as much 90 student consisted of 30 students in boarding house and 60 students not in boarding house taken in proportional random sampling according to criterion of inclusion and

exlution. Data analyze with T-test. resulth of mean nutrition status of responden student in boarding house (-0,561) and not in boarding house (-0,178) with $p=0,702$, level of energy sufficiency $p=0,262$ and level of protein sufficiency $p=0,553$, mean of physical activity student in boarding house (KM=1.86) and not in boarding house (KM=1.82) $p=0.516$. Proven there no difference of nutrition status, level of nutrition sufficiency and physical activity of student in boarding house and not in boarding house. Need existense of contruction and socialization of health problem whit weight measure monitoring of body regularly and make-up of knoledge about food management.

Keyword : nutrition status,level of nutrition sufficiency,physical activity,boarding house and non boarding house