

PERBEDAAN TINGKAT KONSUMSI ZAT GIZI, STATUS GIZI, DAN PRESTASI BELAJAR SISWA BERDASARKAN PENYELENGGARAAN MAKANAN

YANI ROKHMAH WATI -- E2A304125
(2006 - Skripsi)

Tumbuh kembangnya anak usia sekolah yang optimal tergantung pemberian zat gizi dengan kualitas dan kuantitas yang baik serta benar. mengingat keadaan gizi murid-murid sekolah di Indonesia umumnya masih sangat kurang, maka jelaslah bahwa sekolah di Indonesia perlu diselenggarakan Program Pembeian Makanan di sekolah (*School Feeding*). tujuan dari penelitian ini untuk mengetahui perbedaan tingkat konsumsi zat gizi (karbohidrat, protein, lemak, vitamin A dan, vitamin C), status gizi dan prestasi belajar siswa berdasarkan penyelenggaraan makanan (katering dan nonkatering). jenis penelitian ini *explanatory research* yakni menjelaskan hubungan antar variabel, metode penelitian yang digunakan metode survey dengan pendekatan *cross sectional* . sampel yang diperoleh menggunakan *purposive random sampling* . jumlah sampel sebanyak 74 siswa yang terdiri dari 37 siswa kelompok katering dan 37 siswa nonkatering. analisis yang digunakan adalah uji beda *T-test independent* dan *Mann Whitney* . hasil penelitian menunjukkan adanya perbedaan tingkat konsumsi karbohidrat pada makan siang di sekolah, konsumsi protein sehari, konsumsi vitamin A sehari maupun pada makan siang di sekolah. tidak ada perbedaan konsumsi karbohidrat sehari, konsumsi protein pada makan siang di sekolah, konsumsi lemak, dan vitamin C sehari dan pada makan siang di sekolah, status gizi serta prestasi belajar siswa berdasarkan kelompok katering dan nonkatering. perlu adanya sosialisasi tentang makanan sehat dan bergizi yang sebaiknya dikonsumsi dan perlu perbaikan menu pada katering yang digunakan di sekolah.

Kata Kunci: anak sekolah dasar, karbohidrat, protein, lemak, vitaminA, vitamin C, status gizi, prestasi belajar

THE DIFFERENCE OF THE NUTRITIONAL CONSUMPTION, NUTRITIONAL STATUS, AND THE STUDY ACHIEVEMENT OF THE STUDENT BASED ON FOOD SERVICES

the optimum grows and the development of the school age children depend on the supply of nutrient with proper quality and quantity. considering the general nutrient condition of school students in Indonesia that is still insufficient, then it is clear that schools in Indonesia must hold School Feeding Program at school. this research is an explanatory research which explains relation between variables. the aim of this research is to know the difference of the level nutrition consumption (the carbohydrate, protein, fat, vitamin A and vitamin C), nutritional status, and the study achievement of student based on the food services (catering and noncatering). the research method that used is survey method with cross sectional approach. the samples were obtained by purposive random sampling. the number of samples is 74 students consisting of 37 students of catering group and 37 students of the noncatering group. the analysis applied made use of the difference test of independent T-test and Mann Whitney. result of the research indicates that there is difference carbohydrate consumption at lunch in school, protein daily intake, vitamin A daily intake and at lunch in school. there is no difference of carbohydrate daily intake, protein consumption at lunch in school, vitamin C daily intake and at lunch in school, the nutritional status, and the study achievement of the students based on food services (catering and noncatering). the socialization about healthy and nutritious food that should be consumed and the improvement of the menu for each food services in the school is needed.

Keyword: elementary school students, carbohydrate, protein, fat, vitamin A, vitamin C, nutritional status, and the achievement of study.