HUBUNGAN SARAPAN DENGAN RISIKO OBESITAS PADA ANAK USIA SEKOLAH DI SDN ROROTAN 01 PAGI JAKARTA

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Abstrak

Studi Pendahuluan di SDN Rorotan 01 Pagi Jakarta sebanyak 5 siswa sarapan <4x/seminggu dan memiliki status gizi gemuk, 2 siswa sarapan <4x/seminggu dan memiliki status gizi normal, 2 siswa sarapan >4x/seminggu memiliki status gizi normal, serta 1 siswa sarapan <4x/seminggu memiliki status gizi kurus. Gizi berperan sebagai aspek penunjang kesehatan. Tidak sarapan lekat kaitannya dengan peningkatan risiko obesitas yang dihubungkan dengan elemen pola makan. Penelitian kuantitatif jenis *Analytic Cross Sectional Study*. Besar sampel sebanyak 132 responden. Diketahui pada kategori IMT normal (34,1%) memiliki kebiasaan sarapan baik, lalu sebanyak (40,2%) memiliki kebiasaan sarapan buruk. Pada kategori IMT overweight diketahui sebanyak 23 orang memiliki kebiasaan sarapan baik (17,4%) sedangkan (8,3%) memiliki kebiasaan sarapan buruk. Hasil analisis uji chi square terdapat hubungan antara kebiasaan sarapan dan risiko obesitas (p value < 0,05) dengan odds ratio sebesar 0,4 sehingga disimpulkan kebiasaan sarapan buruk berisiko sebesar 0,4 kali untuk obesitas. Diharapkan keluarga atau orang tua dapat memperhatikan asupan gizi anak, terutama saat sarapan, serta banyak mencari informasi mengenai gizi seimbang pada anak.

Kata Kunci : Anak Usia Sekolah, Risiko Obesitas, Sarapan

CORRELATIONS OF BREAKFAST AND OBESITY RISK IN CHILDREN AT SDN ROROTAN 01 PAGI JAKARTA

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Abstract

Preliminary study at SDN Rorotan 01 Pagi Jakarta as many as 5 students breakfast <4x/week and nutritional status obesity, 2 students breakfast <4x/week and normal nutritional status, 2 students breakfast >4x/week have normal nutrition poor nutritional status, and 1 students who eat breakfast <4x/week have underweight nutritional status. Nutrition plays a role as a supporter of health aspects. Skipping breakfast is closely linked to an increased risk of obesity associated with dietary elements. The type of quantitative research is Analytic Cross Sectional Study. The sample size is 132 respondents. It is known that in the normal BMI category (34.1%) have good breakfast habits, then as many as (40.2%) have bad breakfast habits. In the overweight BMI category, it is known that 23 people have good breakfast habits (17.4%) while (8.3%) have bad breakfast habits. The results of the chi square test analysis showed that there was a relationship between breakfast habits and the risk of obesity (p value <0.05). It is hoped that families or parents can pay attention to their child's nutritional intake, especially at breakfast, and look for a lot of information about balanced nutrition in children.

Keywords : Breakfast, Children, Obesity Risk