

HUBUNGAN TINGKAT KONSUMSI MAKANAN TINGGI OMEGA 3 DAN OMEGA 6 TERHADAP PRESTASI BELAJAR PELAJAR SMP

Thoriq Setya Nugroho

Abstrak

Prestasi belajar merupakan tolak ukur untuk mengetahui seberapa baik siswa dalam memahami materi yang telah diberikan. Faktor yang mempengaruhi prestasi belajar ada banyak salah satunya adalah asupan asam lemak omega 3 dan asam lemak omega 6. Namun pada pelajar smp sering kali kekurangan asupan zat gizi termasuk asupan asam lemak omega 3 dan omega 6. Penelitian ini dilakukan untuk mengetahui hubungan asupan makanan tinggi omega 3 dan omega 6 terhadap prestasi belajar pelajar smp. Penelitian ini adalah penelitian analitik observasional dengan desain *cross sectional* dengan responden sebanyak 75 orang dengan teknik *simple random sampling*. Berdasarkan hasil penelitian didapatkan responden dengan prestasi rendah sebanyak 8% dan prestasi baik sebanyak 92%. Sementara hasil asupan omega 3 kurang responden sebanyak 8% dan sisanya baik 92%, sementara hasil asupan omega 6 kurang responden sebanyak 2,7%, asupan omega 6 cukup 10,7% dan asupan omega 6 lebih 86,7%. Hasil uji bivariat dengan menggunakan *fisher exact test* menunjukkan adanya hubungan signifikan antara asupan omega 3 dengan prestasi belajar ($p = 0,00$) dan adanya hubungan signifikan antara asupan omega 6 dengan prestasi belajar ($p = 0,00$). Sehingga dapat disimpulkan bahwa terdapat hubungan asupan omega 3 dan omega 6 terhadap prestasi belajar pelajar SMP 160 Jakarta.

Kata Kunci: Asupan Omega 3, Asupan Omega 6, Prestasi Belajar

THE RELATIONSHIP BETWEEN LEVELS OF FOOD CONSUMPTION OF HIGH OMEGA 3 AND OMEGA 6 TO LEARNING ACHIEVEMENT OF JUNIOR HIGH SCHOOL STUDENTS

Thoriq Setya Nugroho

Abstract

Learning achievement is a benchmark to find out how well students understand the material that has been given. There are many factors that influence academic achievement, one of which is intake of omega 3 and omega 6 fatty acids. However, junior high school students often lack nutrient intake, including intake of omega 3 and omega 6 fatty acids. This research was conducted to determine the relationship between high food intake omega 3 and omega 6 on learning achievement of junior high school students. This research is an observational analytic research with cross sectional design with 75 respondents using simple random sampling technique. Based on the results of the study, it was found that respondents with low achievements were 8% and 92% with high achievements. While the results of the intake of omega 3 less respondents were 8% and the rest were good 92%, while the results of intake of omega 6 were less respondents as much as 2.7%, sufficient intake of omega 6 was 10.7% and intake of omega 6 was more 86.7%. The results of the bivariate test using the Fisher's exact test showed that there was a significant relationship between omega 3 intake and learning achievement ($p = 0.00$) and there was a significant relationship between omega 6 intake and learning achievement ($p = 0.02$). So it can be concluded that there is a relationship between intake of omega 3 and omega 6 on student achievement at SMP 160 Jakarta.

Keywords: Intake of Omega 3, Intake of Omega 6, Learning Achievement