

# HUBUNGAN STATUS GIZI DAN KUANTITAS TIDUR TERHADAP TINGKAT KECERDASAN PADA ANAK USIA SEKOLAH DASAR DI SDN 04 BOJONGSARI DEPOK

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## Abstrak

Kecerdasan adalah kemampuan mengarahkan pikiran atau arah tindakan dalam menetapkan tujuan dan melakukan perubahan di lingkungan. Tingkat kecerdasan dapat dipengaruhi oleh faktor-faktor eksternal dan internal. Peran penelitian ini dapat memberikan informasi berupa gambaran status gizi, kuantitas tidur, dan tingkat kecerdasan sehingga berkesinambungan antara variabel independen dengan dependen, yaitu representasi dampak pendek dan panjang dari besarnya nilai *intelligence quotient* (IQ) anak. Tujuan penelitian ini adalah untuk mengetahui hubungan status gizi dan kuantitas tidur terhadap tingkat kecerdasan pada anak usia sekolah dasar di SDN 04 Bojongsari, Depok. Penelitian ini merupakan analitik korelasional dengan pendekatan *cross-sectional*. Jumlah sampel penelitian sebanyak 68 sampel dengan populasi anak usia 9-11 tahun. Pengambilan sampel menggunakan *stratified random sampling* yang dihitung menurut tingkatan usia. Instrumen penelitian terdiri dari pengukuran status gizi berdasarkan klasifikasi kurva CDC 2000, kuesioner kuantitas tidur dari *Sleep Timing Questionnaires* (STQ), dan tes *intelligence quotient* (IQ) untuk pengukuran tingkat kecerdasan. Analisis data pada penelitian ini menggunakan uji *Spearman-Rank* dengan taraf signifikan 5% ( $\alpha = 0,05$ ) dengan didahului uji normalitas dan homogenitas data menggunakan aplikasi *SPSS Statistics* versi 26. Hasil analisis univariat didapatkan dominasi pada status gizi cukup sebanyak 23 anak (33,82%), kuantitas tidur cukup sebanyak 39 anak (57,35%), dan tingkat kecerdasan skala *average* sebanyak 38 anak (55,88%). Hasil penelitian menunjukkan bahwa tidak terdapat hubungan antara status gizi dan kuantitas tidur terhadap tingkat kecerdasan pada anak usia sekolah dasar di SDN 04 Bojongsari, Depok dengan masing-masing memperoleh nilai *p-value* 0,208 dan 0,003. Analisis ini dilalui dari pengelompokan data univariat berdasarkan usia dan jenis kelamin subjek penelitian untuk mengetahui sebaran status gizi, kuantitas tidur, dan tingkat kecerdasan pada variasi usia dan jenis kelamin tersebut. Alasan tidak ditemukannya hubungan adalah terdapat faktor peran yang lebih berarti bagi tingkat kecerdasan, seperti gen atau keturunan, serta lingkungan yang mencakup pengalaman, latihan, dan *reward-punishment*.

**Kata kunci:** Tingkat kecerdasan, status gizi, kuantitas tidur anak

**ASSOCIATION BETWEEN NUTRITIONAL STATUS AND SLEEP  
QUANTITY TO THE LEVEL OF INTELLIGENCE IN PRIMARY SCHOOL  
AGE CHILDREN AT SDN 04 BOJONGSARI DEPOK**

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***Abstract***

*Intelligence is the ability to direct thoughts or direction of action in setting goals and making changes in the environment. The level of intelligence can be influenced by external and internal factors. The role of this research is to provide information in the form of a description of nutritional status, quantity of sleep, and level of intelligence so that it is continuous between independent and dependent variables, namely a representation of the short and long impacts of the value of a child's intelligence quotient (IQ). The aim of this research was to determine the relationship between nutritional status and sleep quantity on the level of intelligence in elementary school-aged children at SDN 04 Bojongsari, Depok. This research is a correlational analytic with a cross-sectional approach. The total research sample was 68 samples with a population of children aged 9-11 years. Sampling used stratified random sampling which was calculated according to age level. The research instruments consisted of measuring nutritional status based on the CDC 2000 curve classification, a sleep quantity questionnaire from the Sleep Timing Questionnaires (STQ), and an intelligence quotient (IQ) test for measuring intelligence level. Data analysis in this study used the Spearman-Rank test with a significance level of 5% ( $\alpha = 0.05$ ) preceded by normality and homogeneity tests of the data using the SPSS Statistics version 26 application. The results of the univariate analysis showed that 23 children (33) dominated adequate nutritional status (.82%), adequate sleep quantity for 39 children (57.35%), and average scale intelligence level for 38 children (55.88%). The results of the research show that there is no relationship between nutritional status and quantity of sleep on the level of intelligence in elementary school age children at SDN 04 Bojongsari, Depok with p-values of 0.208 and 0.003 respectively. This analysis was carried out by grouping univariate data based on the age and gender of the research subjects to determine the distribution of nutritional status, sleep quantity and level of intelligence across variations in age and gender. The reason a relationship was not found is that there are factors that play a more significant role in the level of intelligence, such as genes or heredity, as well as the environment which includes experience, training and reward-punishment.*

**Keywords:** *Intelligence level, nutritional status, child's sleep quantity*