

HUBUNGAN POLA MAKAN TERHADAP RESIKO OBESITAS PADA ANAK USIA SEKOLAH DASAR DI SDN 01 LIMO KOTA DEPOK

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Abstrak

Gizi berperan sebagai aspek penunjang Kesehatan. Pola makan lekat kaitannya dengan peningkatan resiko obesitas yang dihubungkan dengan elemen jenis makanan. Tujuan dari penelitian untuk menganalisis Hubungan Pola Makan Terhadap Resiko Obesitas Pada Anak Usia Sekolah Dasar Di SDN 01 Limo Kota Depok. Penelitian ini kuantitatif jenis *Analytic Cross Sectional Study*. Besar sampel sebanyak 182 responden. Hasil dari penelitian yang dilakukan pada kategori IMT normal dengan pola makan teratur sebanyak 65 responden (35,7%) dan pada pola makan tidak teratur sebanyak 50 responden (27,5%) lalu pada kategori IMT overweight dengan pola makan teratur sebanyak 14 responden (7,7%) dan pada pola makan tidak teratur sebanyak 53 responden (29,1%). Hasil analisis uji chi square terdapat hubungan antara pola makan terhadap resiko obesitas (p value $< 0,05$) dengan OR sebesar 0,4 sehingga disimpulkan pola makan buruk beresiko sebesar 0,4 kali untuk obesitas. Diharapkan keluarga dapat memperhatikan asupan gizi anak mengenai pola makan frekuensi makan dan porsi makan, terutama saat makan, serta banyak mencari informasi mengenai gizi seimbang pada anak.

Kata Kunci: Anak Usia Sekolah, Pola Makan, Resiko Obesitas

THE RELATIONSHIP OF EATING PATTERNS TO THE RISK OF OBESITY IN PRIMARY SCHOOL AGE CHILDREN AT SDN 01 LIMO, DEPOK CITY

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Abstrak

Nutrition plays a role as a supporting aspect of health. Eating patterns are closely related to an increased risk of obesity which is linked to the type of food. The aim of the research is to analyze the relationship between eating patterns and the risk of obesity in elementary school children at SDN 01 Limo, Depok City. This research is a quantitative type of Analytic Cross Sectional Study. The sample size was 182 respondents. The results of research conducted in the normal BMI category with a regular eating pattern were 65 respondents (35.7%) and in the irregular eating pattern there were 50 respondents (27.5%) and in the overweight BMI category with a regular eating pattern there were 14 respondents (7.7%) and irregular eating patterns as many as 53 respondents (29.1%). The results of the chi square test analysis showed a relationship between diet and the risk of obesity (p value < 0.05) with an OR of 0.4, so it was concluded that a bad diet had a risk of 0.4 times obesity. It is hoped that families can pay attention to children's nutritional intake regarding eating patterns, meal frequency and portion sizes, especially when eating, and look for more information about balanced nutrition for children.

Keywords: Dietary Habit, Risk of Obesity, School Age Children