FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN STATUS GIZI PADA SANTRI DI PONDOK PESANTREN NURUL ILMI KABUPATEN BOGOR TAHUN 2019

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Abstrak

Gizi merupakan salah satu faktor penentu utama kualitas sumber daya manusia. Data Riskesdas (2013) prevalensi nasional kurus pada umur 13-15 tahun 11,1%, dan gemuk 10,8%. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan status gizi pada santri di Pondok Pesantren Nurul Ilmi Kabupaten Bogor tahun 2019. Metode penelitian kuantitatif dengan desain *cross sectional*. Sampel bejumlah 133 santri dengan teknik pengambilan sampel *purposive sampling*. Data umur, pengetahuan, gizi, asupan makanan (energi, protein, lemak, karbohidrat), konsumsi jajanan, aktivitas fisik, durasi tidur, pola makan (porsi makan, jenis makanan, frekuensi makan), dan penyakit infeksi diperoleh melalui kuesioner. dan data status gizi santri diperoleh melalui pengukuran berat badan dan dan tinggi badan. Analisis data menggunakan uji *chi square* dengan tingkat kepercayaan 95%. Hasil penelitian menunjukkan ada hubungan antara umur (p=0,021; OR=2,615; 95%CI=1,215-5,628), konsumsi jajanan (p=0,003; OR= 0,305; 95%CI=0,145-0,640). dan frekuensi makan (p=0,001; OR=18,208; 95%CI=7,241-45,788) dengan status gizi santri. Tidak terdapat hubungan antara pengetahuan gizi (p=0,454; OR=0,722; 95%CI=0,362-1,441), aktivitas fisik (p=0,985; OR=0,994; 95%CI=0,499-1,979), durasi tidur (p=0,651; OR=1,522; 95%CI=0,4950-4,730), dan penyakit infeksi (p=0,375; OR=0,680; 95%CI=0,334-1,382) dengan status gizi santri. Variabel yang berhubungan yaitu umur, konsumsi jajanan, dan frekuensi makan, sedangkan variabel yang tidak berhubungan yaitu pengetahuan gizi, aktivitas fisik, durasi tidur dan penyakit infeksi.

Kata Kunci Pondok Pesantren, Santri, Status Gizi

FACTORS RELATED TO NUTRITIONAL STATUS IN SANTRI OF NURUL ILMI ISLAMIC BOARDING SCHOOL IN BOGOR REGENCY IN 2019

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Abstract

Nutrition is the main factors which determine the quality of human resources. Prevalence of malnutrition based on Riskesdas Data in 2013 teenager showed 11,1% at 13-15 years old, and overweight was 10.8%. This study aimed to determine the factors related to nutritional status in santri in Pondok Pesantren Nurul Ilmi Bogor Regency in 2019. A cross sectional study was conducted in 133 students with purposive sampling technique. Data on age, knowledge, nutrition, food intake (energy, protein, fat, carbohydrate), consumption of snacks, physical activity, duration of sleep, eating patterns (portion of food, type of food, frequency of eating), and infectious diseases were collected using questionnaires. Data of nutritional status of santri was obtained through measurements of body weight and height. Data analyzed using chi square test. The results showed there was a relationship between age (p = 0.021; OR = 2.615; 95% CI = 1.215 5.628), consumption of snacks (p = 0.003; OR = 0.305; 95% CI = 0.145-0.640). and frequency of eating (p = 0.001; OR = 18,208; 95% CI = 7,241-45,788) with the nutritional status of santri. There was no correlation between knowledge of nutrition (p = 0.454; OR = 0.722; 95% CI = 0.362-1,441), physical activity (p = 0.985; OR = 0.994; 95% CI = 0.499-1.979), sleep duration (p = 0.651 ; OR = 1.522; 95% CI = 0.4950-4.730), and infectious diseases (p = 0.375; OR = 0.680; 95% CI = 0.334-1.382) with nutritional status of santri. Related variables to nutritional status are age, snack consumption, and frequency of eating, while unrelated variables are knowledge of nutrition, physical activity, duration of sleep and infectious diseases.