

FAKULTAS KEDOKTERAN

UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” JAKARTA

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HUBUNGAN KECUKUPAN GIZI, AKTIVITAS FISIK, DAN RIWAYAT DIARE TERHADAP TINGKAT KECERDASAN INTELEKTUAL PADA ANAK LAKI-LAKI SDN 04 BOJONGSARI, KOTA DEPOK

(xvii + 109 halaman, 17 tabel, 3 bagan, 10 lampiran)

ABSTRAK

Tujuan

Kecerdasan intelektual merupakan kemampuan individu dalam memahami, mengolah, dan menerapkan informasi, yang sangat penting dalam mendukung prestasi belajar anak usia sekolah. Berbagai faktor dapat memengaruhi kecerdasan intelektual, di antaranya kecukupan gizi, aktivitas fisik, serta kondisi kesehatan seperti riwayat diare. Ketidakseimbangan asupan gizi, rendahnya aktivitas fisik, dan gangguan kesehatan berulang berpotensi menghambat tumbuh kembang optimal anak. Penelitian ini bertujuan untuk menganalisis hubungan kecukupan gizi, aktivitas fisik, dan riwayat diare terhadap tingkat kecerdasan intelektual pada anak laki-laki usia sekolah dasar di SDN 04 Bojongsari, Kota Depok.

Metode

Penelitian ini merupakan penelitian kuantitatif observasional dengan desain *cross-sectional*. Populasi penelitian adalah anak laki-laki kelas 4–6 di SDN 04 Bojongsari, Kota Depok. Sampel penelitian berjumlah 41 siswa yang dipilih menggunakan teknik *stratified random sampling* sesuai kriteria inklusi dan eksklusi. Variabel independen meliputi kecukupan gizi (makronutrien dan mikronutrien), aktivitas fisik, dan riwayat diare, sedangkan variabel dependen adalah tingkat kecerdasan intelektual. Analisis data dilakukan secara univariat dan bivariat.

Hasil

Tidak terdapat hubungan antara kecukupan makronutrien, kecukupan mikronutrien, aktivitas fisik, dan riwayat diare terhadap tingkat kecerdasan intelektual ($p=0,953$; $p=0,133$; $p=0,625$; $p=0,650$) dengan koefisien korelasi Spearman ($r=+0,010$; $r=+0,239$; $r=+0,079$; $r=-0,073$)

Kesimpulan

Tidak terdapat hubungan yang signifikan antara kecukupan gizi makronutrien dan mikronutrien, aktivitas fisik, juga riwayat diare.

Daftar Pustaka : 98 (2015-2025)

Kata kunci : Kecukupan gizi, aktivitas fisik, riwayat diare, kecerdasan intelektual, anak sekolah

**FACULTY OF MEDICINE
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THE RELATIONSHIP BETWEEN NUTRITIONAL ADEQUACY, PHYSICAL ACTIVITY, AND HISTORY OF DIARRHEA AND THE LEVEL OF INTELLECTUAL INTELLIGENCE AMONG BOYS AT SDN 04 BOJONGSARI, DEPOK CITY

(xvii + 109 pages, 17 tables, 3 charts, 10 appendices)

ABSTRACT

Purpose

Intellectual intelligence is the ability of individuals to understand, process, and apply information, which is essential in supporting academic achievement among school-aged children. Various factors may influence intellectual intelligence, including nutritional adequacy, physical activity, and health conditions such as a history of diarrhea. Imbalanced nutritional intake, low levels of physical activity, and recurrent health disturbances may hinder optimal growth and development in children. This study aimed to analyze the relationship between nutritional adequacy, physical activity, and history of diarrhea with the level of intellectual intelligence in school-aged boys at SDN 04 Bojongsari, Depok City.

Methods

This study was a quantitative observational study with a cross-sectional design. The study population consisted of boys in grades 4–6 at SDN 04 Bojongsari, Depok City. A total of 41 students were selected as samples using stratified random sampling based on inclusion and exclusion criteria. The independent variables included nutritional adequacy (macronutrients and micronutrients), physical activity, and history of diarrhea, while the dependent variable was the level of intellectual intelligence. Data analysis was conducted using univariate and bivariate analyses.

Results

There is no significant relationship between the adequacy of macronutrients, the adequacy of micronutrients, physical activity, and a history of diarrhea with intellectual ability ($p = 0,953$; $p = 0,133$; $p = 0,625$; $p = 0,650$), with Spearman's correlation coefficients ($r = +0,010$; $r = +0,239$; $r = +0,079$; $r = -0,073$).

Conclusion

There is no significant relationship between the adequacy of macronutrients and micronutrients, physical activity, and a history of diarrhea with intellectual ability.

References

: 98 (2015-2025)

Keywords

: *Nutritional adequacy, physical activity, history of diarrhea, intellectual intelligence, school-aged children*