

HUBUNGAN PENGETAHUAN JAJAN SEHAT, KEBIASAAN JAJAN DAN PENGHASILAN ORANG TUA DENGAN STATUS GIZI ANAK KELAS 4, 5 DAN 6 SD ISLAM AZMIA DEPOK TAHUN 2017

Ufairoh Nur Luthfiya

Abstrak

Anak Sekolah cenderung tidak mengerti cara memilih jajanan sendiri di sekolah sehingga bila tidak sehat makanan jajanannya berdampak buruk bagi kesehatan. Kebiasaan jajan di pengaruhi oleh faktor makanan, faktor individu dan lingkungan. Indonesia sebagai salah satu negara berkembang kini sedang menghadapi beban ganda masalah gizi, bukan hanya masalah gizi kurang namun juga gizi lebih. Beberapa penelitian meneunjukkan penghasilan orang tua terkait status gizi. Tujuan penelitian ini yaitu megetahui pengetahuan siswa tentang jajanan sehat, kebiasaan jajan dan penghasilan orang tua pada anak kelas 4, 5 dan 6 SD Islam Azmia Depok. Metode yang digunakan *Cross-sectional*. Sampel adalah siswa kelas 4, 5 dan 6 SD Islam Azmia Depok berjumlah 92 orang. Berdasarkan uji analisis didapat hasil bahwa ada hubungan pengetahuan jajan sehat dengan status gizi ($p < 0,05$). Namun tidak ditemukan adanya hubungan kebiasaan jajan dan penghasilan orang tua terhadap status gizi ($p > 0,05$). Saran Mengadakan penyuluhan dengan sasaran siswa dan orang tua, menambahkan ajaran pengetahuan gizi khususnya tentang jajanan sehat.

Kata Kunci : Kebiasaan jajan, penghasilan jajan sehat, penghasilan orang tua

**HEALTHY KNOWLEDGE CONNECTION, HABITABILITIES AND
INCOME PARENTS WITH NUTRITION STATUS CHILDREN 4, 5 AND 6
ISLAM ISLAMIC AZMIA DEPOK 2017**

Ufairoh Nur Luthfiya

Abstract

School children tend not to understand how to choose their own snacks at school so that if unhealthy food jajanannya bad for health. Habit of snack was influenced by food factor, individual factor and environment. Indonesia as one of the developing countries was currently facing a double burden of nutritional problems, not just the lack of nutrition but also more nutrition. Several studies have shown parents' incomes related to nutritional status. The purpose of this study was to know the students' knowledge about healthy snacks, snack habits and income of the parents of 4th, 5th and 6th grade Islamic elementary school Azmia Depok. The method used Cross-sectional. Sampel was a grade 4, 5 and 6 Islamic elementary school Azmia Depok amounted to 92 people. Based on the analysis test, it was found that there was correlation between knowledge of healthy snack with nutritional status ($p < 0,05$). However, there was no correlation between snack habits and parent income on nutritional status ($p > 0,05$). Suggestion Providing counseling with the target students and parents, adding the teachings of nutrition knowledge, especially about healthy snacks.

Keywords : Habitabilities, healthy knowledge connection, habitabilities, income parents.