

HUBUNGAN PENGETAHUAN GIZI, SIKAP DAN PEMILIHAN MAKANAN JAJANAN DENGAN PERILAKU KEBIASAAN JAJAN DI SDN DEPOK BARU VI TAHUN 2017

Ridha Lintang Saputri

Abstrak

Makanan jajanan merupakan salah satu jenis makanan yang umum dikonsumsi oleh masyarakat khususnya anak sekolah. Makanan jajanan yang kurang memenuhi syarat kesehatan dan gizi akan mengancam kesehatan anak. Tujuan mengetahui hubungan pengetahuan gizi, sikap, dan pemilihan makanan jajanan dengan perilaku kebiasaan jajan di SDN Depok Baru VI. Desain penelitian yang digunakan dalam penelitian ini adalah *cross sectional*. Metode pengambilan sampel dengan sistem *stratified random sampling* dengan total sampel sebesar 80. Instrumen penelitian menggunakan kuesioner. Berdasarkan hasil uji *Chi Square* diketahui bahwa ada hubungan antara pengetahuan gizi, besar uang saku, kebiasaan membawa bekal, dan pengaruh orangtua dengan perilaku kebiasaan jajan ($p < 0.05$). Tidak ada hubungan antara sikap dan jenis jajanan dengan perilaku kebiasaan jajan ($p > 0.05$). Responden laki-laki dan perempuan sebesar 50%, rata-rata usia > 10 tahun sebesar 86%, 71.3% memiliki pengetahuan gizi baik, 51.3% memiliki sikap positif, 73.3% uang saku tergolong besar, 76.3% tidak biasa membawa bekal, 60% ada pengaruh orang tua dalam pemilihan makanan jajanan, 60% memiliki perilaku kebiasaan jajan tergolong sering, 58.8% memilih jenis makanan ringan.

Kata kunci : Sikap, Perilaku kebiasaan jajan, Anak sekolah, Pengetahuan gizi, Pemilihan makanan jajanan

RELATIONSHIP OF NUTRITION KNOWLEDGE, ATTITUDE AND SELECTION OF SNACK FOODS WITH BEHAVIOR OF SNACK HABIT IN SDN DEPOK BARU VI 2017

Ridha Lintang Saputri

Abstract

Snack was one of the common types of food consumed by the public, especially school children. Snack that was less meet the requirements of health and nutrition will threaten the health of children. The study was to determine the relationship of nutritional knowledge, attitude and selection of snack foods with behavior of snack habit in SDN Depok Baru VI. The study design was cross sectional. Method of sampling with stratified random sampling system and total sample 80. The instrument used is a questionnaire. Based on the results of Chi Square test known that there were a relationship between nutritional knowledge, big pocket money, a packed for lunch habits, and influence of parents with behavior of snack habit ($p < 0.05$). There was no relationship between the attitude and type of snack food with behavior of snack habit ($p > 0.05$). Respondents of male and female sex of 50%, some aged > 10 years 86%. 71.3% have good nutrition knowledge, 51.3% have a positive attitude, 73.3% of allowance was large, 76.3% have habits of not a packed for lunch, 60% there were influence of parents in the selection of snack foods, 60% have behavior of often snack habit, 58.8% choose the type of snack.

Keywords : Attitude, Behavior of snack habit, Elementary school students, Nutrition knowledge, Selection of snack food