HUBUNGAN TOTAL ENERGI, ASUPAN PROTEIN, ZAT BESI DAN PENDAPATAN ORANG TUA DENGAN PRESTASI BELAJAR SISaWA MTS HAYATUL ILMI KOTA DEPOK TAHUN 2020

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Abstrak

Prestasi bealajar merupakan salah satu indikator dalam menentukan suatu kecerdasan seorang siswa (Ananda, 2017). Prestasi belajar dapat di pengaruhi oleh Total energi, asupan protein, zat besi, dan pendapatan orang tua (Laos, 2015). Pendapatan yang rendah tidak dapat mencukupi Kecukupan gizi karena lebih memperhatikan nilai ekonomi saat membeli makanan dibanding nilai gizi. Nutrisi dan zat gizi dibutuhkan anak usia sekolah untuk pertumbuhan, perkembangan serta untuk daya tahan tubuh. Gizi yang berkualitas akan mengoptimalisasikan fungsi otak (Ningsih, 2016). Penelitian ini bertujuan untuk menganalisis hubungan total energi, asupan protein, zat besi dan pendapatan orang tua dengan prestasi belajar di MTS Hayatul Ilmi Kota Depok. Penelitian ini adalah penelitian analitik observasional dengan desain studi *croos ssectional* sebanyak 60 responden dengan teknik *Simple random sampling*. Berdasarkan penelitian terdapat 35% responden memiliki prestasi yang rendah. Hasil uji bivariat dengan chi-square menunjukkan ada hubungan antara total energi (p= 0.012) dan pendapatan orang tua (p= 0.042) dengan prestasi belajar pada siswa. Sedangkan, asupan protein(p= 0.704) dan asupan zat besi (p= 0,279) tidak menunjukkan adanya hubungan dengan prestasi belajar pada siswa. Sehingga dapat disimpulkan terdapat hubungan Total energi dan Pendapatan orang tua dengan prestasi belajar, namun tidak terdapat hubungan asupan protein dan zat besi dengan prestasi belajar di MTS Hayatul Ilmi.

Kata Kunci: Total Energi, Asupan Protein, Asupan zat besi , Pendapatan Orang Tua, Prestasi Belajar

THE RELATIONSHIP OF TOTAL ENERGY, PROTEIN INTAKE, IRON, AND INCOME OF PARENTS WITH ACADEMIC PERFORMANCE OF STUDENTS IN HAYATUL ILMI ISLAMIC JUNIOR HIGH SCHOOL CITY 2020

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Abstract

Academic Performance is one of indicators in determining a student's intelligence (Ananda, 2017). Academic Performance can be influenced by total energy, protein intake, iron intake, and parental income (Laos, 2015). Low incomes cannot provide adequate nutrition because they more attention to the economic value when buying food than nutritional value. Nutrition and nutrients required for the growth of school-age children, as well as for the development of the immune system. Nutritional quality will optimize brain function (Ningsih, 2016). This study aimed to analyze the relationship of Total energy, protein intake, iron intake and parent income to academic performance of students at MTS Hayatul Ilmi South Depok. This study was an observational analytic study with a cross-sectional study design of 60 respondents with *Simple random sampling* technique. Based on research there are 35% of respondents have low achievement. The bivariate test results with chi-square showed that there was a relationship between Total energy (p= 0.012) and Parental income (p= 0.042) with Academic Performance in the student. Meanwhile, protein intake (p = 0.704) and iron intake (p = 0.279) did not show a relationship with Academic Performance in the student. So can be concluded that there is a relationship between total energy and income of parents with Academic Performance, but there is no relationship between protein and iron intake with Academic Performance in MTS Hayatul Ilmi.

Keyword: Energy intake, protein intake, iron intake, Parent Income, academic performance