

Hubungan konsumsi makanan dan faktor-faktor lain dengan status gizi anak sekolah di sd pskd kwitang viii depok tahun 2001

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Abstrak

Status gizi anak dapat ditentukan dengan menggunakan perhitungan Indeks Massa Tubuh (IMT) anak menurut jenis kelamin dan umur berdasarkan kurva persentil dari CDC Growth. Kelebihan gizi anak sekolah disebabkan karena konsumsi energi yang berlebih dari kebutuhan dan berlangsung dalam waktu yang lama. Faktor lain adalah kurangnya aktivitas, karena adanya kebiasaan menonton televisi dan bermain komputer, adanya perubahan gaya hidup akibat meningkatnya perekonomian, kebiasaan makan makanan tinggi kalori dan lemak serta rendah serat yang diwujudkan dengan semakin banyak dijualnya makanan jajanan dan fast food.

Penelitian ini dilakukan di SD PSKD Kwitang VIII Depok pada bulan Oktober dan Nopember tahun 2001. Didapatkan kejadian status gizi kurang sebesar 9,6% dan status gizi lebih sebesar 29,8%. Tujuan penelitian adalah untuk mengetahui hubungan konsumsi makanan dan faktor-faktor lain dengan status gizi anak sekolah tersebut. Desain penelitian adalah cross-sectional dan cara pengambilan sampel dengan sistematisa random. Sampel adalah murid kelas IV~VI dengan jumlah 200 orang. Analisis data dilakukan dengan regresi linear, status gizi diukur dalam IMT sebagai variabel dependen dan variabel-variabel umur, jenis kelamin, berat badan lahir, pendidikan orang tua, status bekerja ibu, jumlah anak, IMT orang tua, konsumsi makanan, pola makan, kebiasaan jajan, kebiasaan makan fast food, olahraga dan pendapatan/kapita/bulan sebagai variabel independen. Analisis data yang dilakukan meliputi analisis univariat, bivariat dan multivariat dengan program software SPSS 9.

Hasil penelitian didapatkan responden dengan status gizi lebih sebesar 42% dan gizi kurang 8%. Rata-rata IMT responden $19 \pm 4,1 \text{ kg/m}^2$. Hasil uji anova dan uji t menunjukkan adanya perbedaan bermakna ($p < 0,05$) rata-rata IMT anak menurut IMT orang tua dan kebiasaan berolahraga tidak terdapat perbedaan bermakna ($p > 0,05$) rata-rata IMT anak menurut jenis kelamin, pendidikan orang tua, status bekerja ibu, jumlah anak dan pola makan. Hasil uji regresi dan korelasi didapatkan adanya hubungan bermakna ($p < 0,05$) antara umur, konsumsi energi, protein*, lemak*, karbohidrat* setelah di adjust dengan total energi, waktu nonton televisi, pendapatan/kapita/bulan dengan IMT. Tidak adanya hubungan yang bermakna ($p > 0,05$) berat badan lahir, kebiasaan jajan, kebiasaan makan fast food, waktu tidur dengan IMT. Hasil analisis multivariat regresi linear didapatkan variabel umur merupakan variabel yang paling dominan berhubungan dengan IMT ($\beta = 0,20$).

Anak SD di PSKD Kwitang VIII Depok mengalami masalah gizi ganda, yaitu masalah gizi kurang masih ada dan sudah ada masalah gizi lebih. Untuk itu, bagi Departemen Kesehatan diharapkan membuat suatu standar yang baku status gizi anak menurut IMT, umur dan jenis kelamin anak agar lebih mudah digunakan dan lebih sensitif memonitor status gizi, menggiatkan program UKS mengenai gizi dengan melakukan pengukuran antropometri secara periodik, penyuluhan gizi dan olahraga, penelitian lanjut dengan jumlah

sekolah yang lebih banyak sehingga memperoleh angka kejadian untuk anak sekolah dasar di kata Depok. Bagi sekolah melakukan penyuluhan-penyuluhan tentang gizi kepada semua murid dan orang tua secara periodik mengenai penyebab terjadinya gizi lebih dan akibatnya, pentingnya makan pagi, mengurangi makanan jajan tinggi kalori dan lemak, menggiatkan olahraga, dan pemasaran PUGS. Bagi pengelola kantin tentang penyediaan makanan yang sehat dan seimbang akan zat gizi, seperti buah-buahan dan mengurangi penjualan makanan gorengan.

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The status of child nutrition can be determined by using calculation child Body Mass Index (BMI) according sex and age based on percentile curve of CDC Growth. Over nutrition on schoolchildren are caused by energy that consumed is over than needed and it was done in long time. Other factors were less activity, habit to see television and playing computer game, caused by the changes of life style due to the improving of income in their family, habit to consume high calorie, fatty food., and fewer childrens that presented in sweet food and fast food.

This study was conducted at SD PSKD Kwitang VIII Depok on October-November, 2001. It was found that the rate of under nutrition showed 9,6%, and over nutrition was 29,8%- The objective of this Study was to identify the relationship of food consumption and other factors with nutritional status of those school children. The design of this study was cross sectional and the samples took randomly. The samples were the schoolchildren of IV-VI graders; with the number are 200 people. The data analysis by regression linear, nutrition status in BMI as dependent variable and variables age, sex, birth weight, parents' education, mother's profession, number of child, parents' BMI, food consume, food pattern, habit to buy snacks, habit to eat fast food, time to sleep, time to watch television, exercise and monthly income per capita are as independent variables- The data was analysis by univariate, bivariate and multivariate with SPSS versi 9.

The result of this study found that the subject with over nutrition were 42%, and under nutrition showed 8%. The average of respondents BMI was $19 \pm 4,1 \text{ kg/ml}$. The result of anova test and t test showed that there was significantly different ($p < 0,05$) average child's BMI according to parents BMI and habit of exercise and there was no significantly different ($p > 0,05$) average child's BMI according sex, parent's education, mother's profession, number of child and food pattern. The result of regression test and correlation, it was found that there was significantly relationship with ($p < 0,05$) among age, number of child, energy consume and protein, fat, carbohydrate alter adjusted by total energy and time to see television and playing computer games, monthly income per capita with BMI and there was no significantly ($p > 0,05$) birth weight, habit to buy snacks, habit to eat fast food, time to sleep, with BMI. Based on linear regression multivariate analysis found that variable age was the most dominant relation to BMI ($r = 0,20$).

The school children at SD PSKD Kwitang VIII Depok having problem with multi nutrition problems, they were still have problem with under nutrition and also over nutrition. It is recommended to Ministry of Health to make a value standard on child's BMI with age and sex more useful and more sensitive to screen nutritional status of the children to involve the School Health Program on nutrition by conducting anthropometry measurement periodically, nutrition education and exercise. Further study should involve more schools, so it can be obtained the number of case for primary school children at Depok. It also recommended that the school should facilitate nutrition education to entire of the schoolchildren and their

parents periodically. Regarding the cause of over nutrition and its impact, it is important to have breakfast, reduce to eat high calorie and fatty, active exercises, marketing of PUGS. For canteen management on providing healthy food and meet with balance of nutrition, such as fruits and reduce to sell more tried snacks.