

ABSTRAK

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Overweight merupakan masalah gizi yang terjadi akibat adanya asupan zat gizi yang melebihi batas anjuran kecukupan gizi. DKI Jakarta merupakan provinsi dengan prevalensi *overweight* terbesar di Indonesia pada anak usia 5-12 tahun yaitu 15.2% dengan prevalensi *overweight* tertinggi di Jakarta Pusat yaitu 16.02%. Faktor yang mempengaruhi terjadinya *overweight* pada anak yaitu kebiasaan sarapan dan aktivitas fisik. Penelitian ini bertujuan untuk mengetahui hubungan kebiasaan sarapan dan aktivitas fisik dengan kejadian *overweight* pada siswa SDN Kenari 01 Jakarta Pusat. Penelitian ini merupakan penelitian observasional analitik dengan rancangan *cross sectional*. Subyek penelitian adalah anak SD kelas 4 & 5. Data dikumpulkan menggunakan kuesioner online yang dilanjutkan dengan analisis *chi square*. Hasil penelitian terdapat hubungan variabel frekuensi sarapan ($p=0,003$) terhadap kejadian *overweight* dan tidak ada hubungan kontribusi asupan energi sarapan ($p=0,549$) dan aktivitas fisik ($p = 0.254$) dengan kejadian *overweight* di SDN Kenari 01 Jakarta Pusat. Kesimpulan : Kebiasaan sarapan terdiri dari variabel frekuensi sarapan dan kontribusi energi sarapan. Variabel frekuensi sarapan berhubungan terhadap kejadian *overweight*, sedangkan kontribusi asupan energi sarapan dan aktivitas fisik tidak berhubungan dengan kejadian *overweight* di SDN Kenari 01 Jakarta Pusat.

Kata kunci : *overweight*, kebiasaan sarapan, aktivitas fisik

ABSTRACT

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Overweight is a nutritional problem that occurs due to intake of nutrients that exceed the recommended nutritional adequacy limits. The DKI Jakarta province has one the highest prevalence rates of overweight cases in Indonesia within children between the ages of 5-12 years old. That's 15.2% compared to the 16.02% rate in Central Jakarta. Factors that influence overweight in children are breakfast habits and physical activity. There's a study that aims to determine the relationship between breakfast habits and physical activity within overweight students in SDN Kenari 01 Central Jakarta. This study was done with elementary school students grades 4 and 5 using an observational analytic study with a cross sectional design. The research subjects were elementary school students grade 4 and 5. Data was collected using an online questionnaire followed up by chi square analysis. The results showed that there is a relationship between breakfast frequency variables ($p = 0.003$) and the incidence of overweight but there is not a relationship between the contribution of breakfast energy intake ($p = 0.549$) and physical activity ($p = 0.254$) in the incidence of overweight. Conclusion: Breakfast habits consist of breakfast frequency variables and breakfast energy contribution. The breakfast frequency variable is related to the incidence of overweight, while the contribution of breakfast energy intake and physical activity is not related to the incidence of overweight in SDN Kenari 01, Central Jakarta.

Keywords: overweight, breakfast habits, physical activity