

HUBUNGAN STATUS SOSIAL EKONOMI DAN KUALITAS SARAPAN DENGAN STATUS GIZI PADA ANAK USIA SEKOLAH DI SDN CIMUNING V

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ABSTRAK

Pendahuluan: Perkembangan pada masa sekolah penting karena anak mengalami pertumbuhan dan perkembangan fisik, emosional dan intelektual yang pesat. Dalam mendukung proses pertumbuhan dan perkembangan, anak membutuhkan pemenuhan zat gizi yang berkualitas. Asupan zat gizi dapat dipenuhi salah satunya dengan sarapan. Faktor yang dapat memengaruhi ketidakcukupan zat gizi salah satunya yaitu status sosial ekonomi orang tua. Penelitian ini bertujuan untuk menganalisis hubungan status sosial ekonomi dan kualitas sarapan dengan status gizi pada anak usia sekolah di SDN Cimuning V.

Metode: Metode penelitian yang digunakan adalah kuantitatif dengan desain *cross sectional*. Jumlah sampel sebanyak 100 siswa SDN Cimuning V kelas 5 dan 6 yang dipilih menggunakan teknik *purposive sampling*. Pengumpulan data menggunakan kuesioner status sosial ekonomi skala Kuppusswamy, *Breakfast Quality Index (BQI)* yang diperoleh dari form *24 hour food recall* dan pengukuran berat badan serta tinggi badan. Data tersebut dianalisis menggunakan uji *Chi-square*.

Hasil: Hasil penelitian menunjukkan 82% siswa mempunyai kategori status gizi normal. Status sosial ekonomi dengan status gizi mempunyai $p\text{-value} = 1,000$ dan kualitas sarapan dengan status gizi mempunyai $p\text{-value} = 1,000$.

Kesimpulan: Tidak ada hubungan antara status sosial ekonomi dengan status gizi pada anak usia sekolah di SDN Cimuning V dan tidak ada hubungan antara kualitas sarapan dengan status gizi pada anak usia sekolah di SDN Cimuning V.

Kata kunci: Kualitas Sarapan, Status Gizi, Status Sosial Ekonomi

THE RELATIONSHIP BETWEEN SOCIO-ECONOMIC STATUS AND BREAKFAST QUALITY WITH NUTRITIONAL STATUS IN SCHOOL- AGE CHILDREN AT SDN CIMUNING V

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ABSTRACT

Development during school is important because children experience rapid physical, emotional, and intellectual growth. To support the process of growth and development, children need quality nutrition. Nutrient intake can be fulfilled with breakfast. One of the factors that can affect nutritional insufficiency is the socioeconomic status of parents. This study aims to analyze the relationship between socioeconomic status and the quality of breakfast and the nutritional status of school-age children at SDN Cimuning V. The research method used is quantitative with a cross-sectional design. The number of samples was 100 from SDN Cimuning V grades 5 and 6, which were selected using a purposive sampling technique. Data collection used a socioeconomic status questionnaire on the Kuppaswamy scale, the Breakfast Quality Index (BQI) obtained from the 24-hour food recall form, and measurements of body weight and height. The data were analyzed using the Chi-square test. The results showed that 82% of students were in the normal nutritional status category. Socioeconomic status with nutritional status has a p-value of 1,000 and breakfast quality with nutritional status has a p-value of 1,000. There is no relationship between socioeconomic status and the nutritional status of school-age children at SDN Cimuning V, and there is no relationship between the quality of breakfast and the nutritional status of school-age children at SDN Cimuning V.

Key words: Breakfast Quality, Nutritional Status, Socioeconomic Status