

Hubungan Kebiasaan Sarapan dan Makan Jajan dengan Status Gizi Siswa SDN Tegal Gede 02 Jember (The Relationship Of Breakfast And Meal Habits Snacks With Students' Nutritional Status SDN Tegal Gede 02 Jember)

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ABSTRACT

The nutritional status of school-aged children can influence the growth and development of their bodies. Breakfast habits and snack eating habits influence children's nutritional status, such as undernutrition or overnutrition. One way to achieve good nutrition and a healthy condition is to get used to eating breakfast. The habit of skipping breakfast can affect energy intake and nutritional status which can affect a child's physical body, child's weight and ability to concentrate at school. Skipping breakfast can cause children to switch to consuming more snacks, causing high energy intake which causes children to be overweight or obese which can trigger degenerative diseases later. The aim of this research is to determine the relationship between the habit of eating breakfast and eating snacks and the nutritional status of students at SDN Tegal Gede 02 Jember. This type of research is observational analytic with a Cross Sectional design. The subjects taken in this research were 55 respondents using a total sampling technique. The instruments used in this research were the breakfast habits questionnaire and the Food Frequency Questionnaire (FFQ). The results of data analysis using the Spearman rho test showed that there was a relationship between breakfast habits and nutritional status (p value = 0.009) and there was a relationship between snack eating habits and nutritional status (p value = 0.022) for students at SDN Tegal Gede 02 Jember.

Keywords: Breakfast, Eating Snacks, Nutritional Status, Students