

The Difference Nutritional Status of Student Based on The Frequency of Snacking While Watching TV and Access The Internet

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Nutritional status is a body State that caused by the consumption of food or beverages and the consumption of nutritional substances. Some factors that affect nutritional status including physical activity and snacks consumption. The purpose of this research was to understand the difference in nutritional status of the child based on the frequency of snacking while watching TV and access the internet. This research was an analytic observational research with cross sectional design. This research was held in SDN Kepatihan 4 Jember at November 2018. The subjects on this research were 62 people. The research subject retrieval technique was using purposive sampling technique. Nutritional status data obtained from the calculation of z-score IMT/U. Snacking frequency while watching TV and access the internet data was obtained with a questionnaire. Nutritional status of student SDN Kepatihan 4 Jember that have normal nutritional status as much as 50 subject (80.6%), 4 subject (6.5%) had fat nutritional status and 8 of the subject have the nutritional status of obesity (12.9%). The child with the frequency snacking while watching TV as much as 31% 50 subject or half of the total of the subject. The child with the frequency of snacking when accessing the internet rarely as many as 45 children (72.6%), while often as many as 17 children (27.4%). The results of the analysis shows there is difference in nutritional status based on the frequency of snacking while watching TV and access the internet (p-value = 0,034 and p-value = 0.003). The analysis data that used is Chi-Square test. The conclusions of this research indicates that there is a difference in nutritional status of school children based on the frequency of snacking while watching TV and access the internet.

Keywords: Access the internet, nutritional status, snacking, watching TV