

ABSTRAK

HUBUNGAN ANTARA PENGETAHUAN, SIKAP, PERILAKU KONSUMSI JAJANAN, TINGKAT KECUKUPAN ENERGI DAN LEMAK DENGAN STATUS GIZI (Studi pada Siswa SMP N 1 Sokaraja)

Latar Belakang: Pengetahuan, sikap, perilaku pemilihan jajanan, tingkat kecukupan energi dan lemak berpengaruh terhadap status gizi pada remaja. Selain itu, asupan jajanan yang berpengaruh adalah makanan yang mengandung lemak dan tinggi energi yang dapat menyebabkan *overweight*.

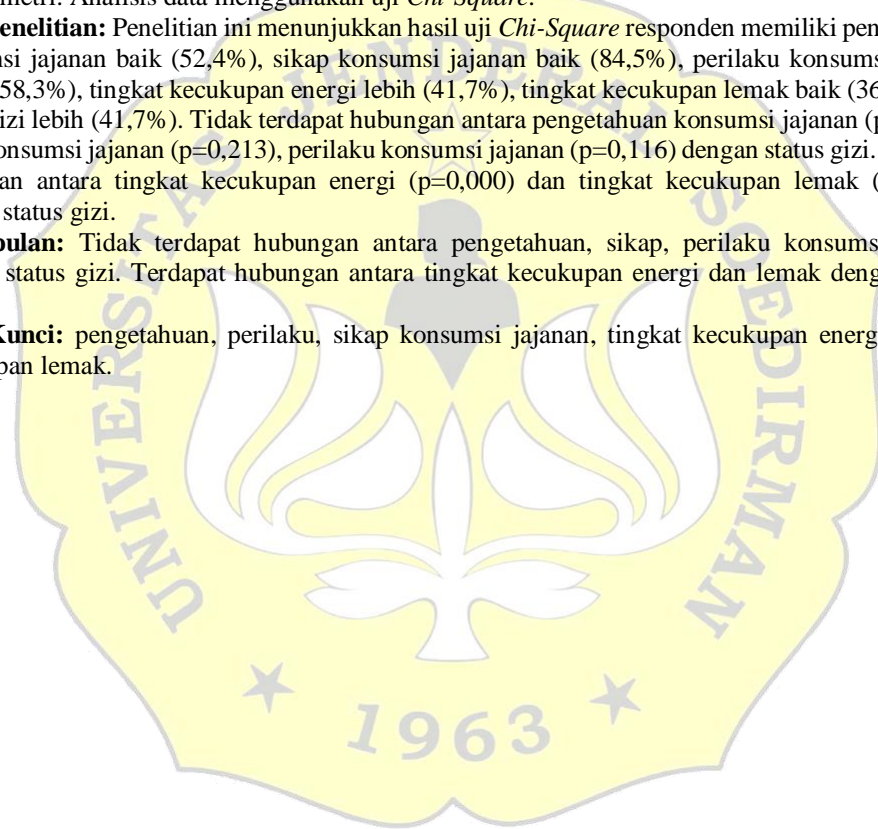
Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan antara pengetahuan, sikap, perilaku konsumsi jajanan, tingkat kecukupan energi dan lemak dengan status gizi (studi pada siswa SMP N 1 Sokaraja).

Metodologi: Desain penelitian ini adalah *observasional analitik* dengan studi *cross sectional* di SMP N 1 Sokaraja. Teknik pengambilan sampel menggunakan metode *cluster sampling* didapatkan sebanyak 84 responden. Data diperoleh dari pengisian kuesioner pengetahuan, sikap, perilaku konsumsi jajanan dan asupan makan menggunakan *food recall 2x24 jam*, serta pengukuran antropometri. Analisis data menggunakan uji *Chi-Square*.

Hasil Penelitian: Penelitian ini menunjukkan hasil uji *Chi-Square* responden memiliki pengetahuan konsumsi jajanan baik (52,4%), sikap konsumsi jajanan baik (84,5%), perilaku konsumsi jajanan cukup (58,3%), tingkat kecukupan energi lebih (41,7%), tingkat kecukupan lemak baik (36,9%) dan status gizi lebih (41,7%). Tidak terdapat hubungan antara pengetahuan konsumsi jajanan ($p=0,723$), sikap konsumsi jajanan ($p=0,213$), perilaku konsumsi jajanan ($p=0,116$) dengan status gizi. Terdapat hubungan antara tingkat kecukupan energi ($p=0,000$) dan tingkat kecukupan lemak ($p=0,043$) dengan status gizi.

Kesimpulan: Tidak terdapat hubungan antara pengetahuan, sikap, perilaku konsumsi jajanan dengan status gizi. Terdapat hubungan antara tingkat kecukupan energi dan lemak dengan status gizi.

Kata Kunci: pengetahuan, perilaku, sikap konsumsi jajanan, tingkat kecukupan energi, tingkat kecukupan lemak.



ABSTRACT

THE RELATIONSHIP BETWEEN KNOWLEDGE, ATTITUDES, SNACK CONSUMPTION BEHAVIOR, ENERGY INTAKE AND FAT ADEQUACY LEVELS WITH NUTRITIONAL STATUS (Study on Students of SMP N 1 Sokaraja)

Background: Knowledge, attitude, snack selection behavior, energy and fat adequacy levels affect nutritional status in adolescents. In addition, an influential snack intake was food that contains fat and high energy which can cause *overweight*.

Purpose: This study aims to determine the relationship between knowledge, attitudes, snack consumption behavior, energy and fat adequacy levels with nutritional status (study on students of SMP N 1 Sokaraja).

Method: This research design was an analytic observational with cross sectional studied at SMP N 1 Sokaraja. The sampling technique used the cluster sampling method obtained 84 respondents. Data were obtained from filling out questionnaires on knowledge, attitudes, snack consumption behavior and food intake using 2x24 hour food recall, as well as anthropometric measurements. Data analysis used the *Chi-Square* test.

Results: This study showed the results of the *Chi-Square* test respondents have good snack consumption knowledge (52.4%), good snack consumption attitudes (84.5%), moderate snacks consumption behavior (58.3%), a higher energy adequacy level (41.7%), good fat adequacy level (36.9%) and a higher nutritional status (41.7%). There was no relationship between knowledge of snack consumption ($p=0.723$), attitude of snack consumption ($p=0.213$), behavior of snack consumption ($p=0.116$) with nutritional status. There was an association between energy adequacy ($p=0.000$) and fat adequacy ($p=0.043$) with nutritional status.

Conclusion: There was no relationship between knowledge, attitude, and behavior of snack consumption with nutritional status. There was a relationship between the level of energy and fat adequacy with nutritional status.

Keywords: knowledge, behavior, attitude of snack consumption, energy adequacy level, fat adequacy level.

