

## ABSTRAK

### HUBUNGAN STATUS GIZI DAN TINGKAT KONSUMSI ZAT GIZI MAKRO DENGAN KEMAMPUAN MOTORIK KASAR SISWA KELAS 1 SDN 1 PURWOKERTO LOR

*Naufal Hibatullah<sup>1</sup>, Dyah Umiyarni Purnamasari<sup>2</sup>, Kusnandar<sup>3</sup>*

**Latar Belakang:** Malnutrisi pada anak baru masuk sekolah menjadi permasalahan serius karena dapat berdampak pada gangguan fungsi tubuh. Gangguan perkembangan motorik kasar meningkat seiring dengan meningkatnya kejadian malnutrisi pada anak. Penelitian bertujuan untuk mengetahui hubungan status gizi dan tingkat konsumsi zat gizi makro dengan kemampuan motorik kasar.

**Metodologi:** Penelitian Observasional Kuantitatif menggunakan pendekatan *Cross Sectional Study*. Penelitian menggunakan teknik *total sampling*. Status gizi dihitung menggunakan *Z-Score* berdasarkan IMT/U. Tingkat konsumsi zat gizi makro dihitung menggunakan metode *Food Recall 2x24 jam*. Kemampuan motorik kasar siswa diukur menggunakan metode *Carpenter Motor Ability Test*. Analisis statistik menggunakan *Uji Chi Square*.

**Hasil Penelitian:** Hasil penelitian menunjukkan tidak terdapat hubungan status gizi dengan kemampuan motorik kasar ( $p$  value = 1,00). Penelitian juga menunjukkan tidak terdapat hubungan tingkat konsumsi energi, protein, lemak, serta karbohidrat dengan kemampuan motorik kasar ( $p$  value secara berturut-turut sebesar 0,671; 0,449; 1,00; dan 1,00).

**Kesimpulan:** Tidak terdapat hubungan antara status gizi dan tingkat konsumsi zat gizi makro dengan kemampuan motorik kasar siswa.

**Kata Kunci:** Siswa Kelas 1 Sekolah Dasar, Status Gizi, Tingkat Konsumsi, Energi, Protein, Lemak, Karbohidrat, Kemampuan Motorik Kasar.

## ABSTRACT

### RELATIONSHIP OF NUTRITIONAL STATUS AND LEVELS OF MACRO NUTRITIONAL CONSUMPTION WITH THE GROSS MOTOR ABILITY OF FIRST GRADE STUDENTS SDN 1 PURWOKERTO LOR

*Naufal Hibatullah<sup>1</sup>, Dyah Umiyarni Purnamasari<sup>2</sup>, Kusnandar<sup>3</sup>*

**Background:** Malnutrition in new children entering school becomes a serious problem because it can affect bodily functions. Impaired gross motor development increases with increasing incidence of malnutrition in children. The study aims to determine the relationship of nutritional status and the level of consumption of macro nutrients with gross motor skills.

**Methods:** Quantitative Observational Research uses a *Cross Sectional Study* approach. Research using *Total Sampling* techniques. Nutritional status is calculated using *Z-Score* based on BMI/A. The level of consumption of macro nutrients is calculated using the 2x24 hour *Food Recall* method. The gross motor skills of students are measured using the *Carpenter Motor Ability Test* method. Statistical analysis using the *Chi Square Test*.

**Result:** The results showed no relationship between nutritional status and gross motor ability ( $\rho$  value = 1.00). The study also showed that there was no correlation between the level of energy, protein, fat, and carbohydrate consumption with gross motor ability ( $\rho$  values respectively of 0.671, 0.449; 1.00; and 1.00).

**Conclusion:** There is no relationship between nutritional status and the level of consumption of macro nutrients with the gross motor skills of students.

**Keywords:** First Grade of Elementary School Students, Nutritional Status, Consumption Levels, Energy, Protein, Fat, Carbohydrates, Gross Motor Ability.