

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI S1-ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN

Skripsi, Juni 2026

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Hubungan Pemberian Makanan Bergizi Gratis Dengan Perilaku Jajan Di SDN Wonoasri 02 Tempurejo Kabupaten Jember

xv + 94 hal + 15 tabel + 2 gambar + 18 lampiran

Abstrak

Anak usia sekolah dasar merupakan kelompok yang rentan mengalami masalah gizi akibat pola konsumsi yang kurang sehat, termasuk tingginya perilaku jajan. Makanan Bergizi Gratis (MBG) merupakan salah satu upaya pemerintah untuk meningkatkan status gizi sekaligus membentuk perilaku makan sehat pada anak. Penelitian ini bertujuan untuk menganalisis hubungan pemberian Makanan Bergizi Gratis (MBG) dengan perilaku jajan siswa di SDN Wonoasri 02 Tempurejo Kabupaten Jember. Penelitian ini menggunakan metode kuantitatif dengan desain korelasional dan pendekatan cross-sectional. Populasi penelitian adalah seluruh siswa kelas IV dan V di SDN Wonoasri 02 Tempurejo Kabupaten Jember sebanyak 102 siswa. Teknik pengambilan sampel menggunakan total sampling. Pengumpulan data dilakukan menggunakan kuesioner dan dianalisis dengan uji korelasi Spearman pada tingkat signifikansi $\alpha \leq 0,05$. Hasil penelitian menunjukkan bahwa sebagian besar responden menilai pemberian makanan bergizi gratis baik, yaitu sebanyak 71 siswa (69,6%), mayoritas responden memiliki perilaku jajan sehat sebanyak 75 siswa (73,5%). Hasil uji Spearman menunjukkan nilai p-value sebesar 0,005 dengan koefisien korelasi (r) sebesar 0,274 yang berarti terdapat hubungan yang signifikan antara hubungan pemberian makanan bergizi gratis dengan perilaku jajan siswa dengan arah hubungan positif dan kekuatan hubungan lemah. Simpulan penelitian ini adalah Semakin baik program pemberian makanan bergizi gratis, maka kecenderungan perilaku jajan siswa menjadi semakin sehat. Hasil penelitian ini dapat dijadikan dasar dalam penyusunan program promosi kesehatan, edukasi gizi seimbang, serta pengawasan jajanan sehat di lingkungan sekolah. Dampak dari penerapan program MBG yang didukung edukasi kesehatan diharapkan mampu meningkatkan kualitas gizi anak usia sekolah, membentuk perilaku konsumsi yang sehat, dan mencegah berbagai masalah kesehatan akibat kebiasaan jajan yang tidak sehat.

Kata kunci: Makanan Bergizi Gratis (MBG); Perilaku Jajan; Siswa Sekolah Dasar.

Daftar Pustaka 29 (2020-2025)

ABSTRACT

UNIVERSITY OF MUHAMMADIYAH JEMBER
UNDERGRADUATE NURSING STUDY PROGRAM
FACULTY OF HEALTH SCIENCES

Undergraduate Thesis, June 2026
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The Relationship Between the Free Nutritious Meal (MBG) Program and Snacking Behavior Among Students at SDN Wonoasri 02 Tempurejo, Jember Regency

xv + 94 pages + 15 tables + 2 figures + 18 appendices

Abstract

Elementary school children were a group that was vulnerable to nutritional problems due to unhealthy dietary patterns, including a high frequency of snack consumption. The Free Nutritious Meal (MBG) program was one of the government's initiatives to improve children's nutritional status while promoting healthy eating behaviors. This study aimed to analyze the relationship between the Free Nutritious Meal (MBG) program and the snacking behavior of students at SDN Wonoasri 02 Tempurejo, Jember Regency. This study employed a quantitative method with a correlational design and a cross-sectional approach. The study population consisted of all fourth- and fifth-grade students at SDN Wonoasri 02 Tempurejo, Jember Regency, totaling 102 students. The total sampling technique was applied. Data were collected using a questionnaire and were analyzed using the Spearman correlation test with a significance level of $\alpha \leq 0.05$. The results showed that most respondents perceived the implementation of the Free Nutritious Meal program as good, accounting for 71 students (69.6%), while the majority of respondents demonstrated healthy snacking behavior, accounting for 75 students (73.5%). The Spearman correlation test yielded a p-value of 0.005 and a correlation coefficient (r) of 0.274, indicating a statistically significant positive relationship with a weak correlation between the Free Nutritious Meal program and students' snacking behavior. It was concluded that the better the implementation of the Free Nutritious Meal program, the more likely students were to exhibit healthy snacking behavior. The findings of this study could serve as a basis for developing health promotion programs, balanced nutrition education, and healthy snack monitoring in the school environment. Furthermore, the implementation of the MBG program, supported by health education, was expected to improve the nutritional status of school-aged children, promote healthy dietary behaviors, and prevent various health problems associated with unhealthy snacking habits.

Keywords: Free Nutritious Meal (MBG); Snacking Behavior; Elementary School Students.

Bibliography: 29 (2020–2025)