

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
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Hubungan Pola Makan Dengan Status Gizi Pada Anak Sekolah Dasar Di SDN Silo 03 Jember

viii + 124 halaman + 2 bagan + 14 tabel + 17 lampiran

Abstrak

Latar Belakang dan Tujuan: Status gizi merupakan indikator penting pertumbuhan dan kesehatan anak usia sekolah. Salah satu faktor yang berhubungan dengan status gizi adalah pola makan, meskipun kondisi tersebut juga dipengaruhi oleh berbagai faktor lain. Penelitian ini bertujuan menganalisis hubungan pola makan dengan status gizi pada anak usia sekolah dasar di SDN Silo 03 Jember. **Metode:** Penelitian ini menggunakan desain kuantitatif dengan pendekatan *cross-sectional*. Sampel berjumlah 109 siswa yang dipilih menggunakan teknik *simple random sampling*. Data pola makan diperoleh menggunakan *Food Frequency Questionnaire* (FFQ), sedangkan status gizi ditentukan melalui pengukuran berat badan dan tinggi badan menggunakan indikator Indeks Massa Tubuh menurut Umur (IMT/U). Analisis data dilakukan menggunakan uji Spearman's rho dengan tingkat signifikansi $\alpha = 0,05$. **Hasil:** Mayoritas responden memiliki pola makan kategori cukup dan status gizi kategori baik (normal). Hasil uji Spearman's rho menunjukkan terdapat hubungan yang bermakna antara pola makan dengan status gizi dengan arah hubungan positif dan kekuatan hubungan yang lemah. Hal ini menunjukkan bahwa semakin baik pola makan anak, semakin baik pula kecenderungan status gizinya. Namun, status gizi juga dipengaruhi oleh faktor lain, seperti aktivitas fisik, pola asuh dan pengetahuan orang tua, lingkungan makanan, faktor genetik, dan kondisi sosial ekonomi. **Kesimpulan dan Implikasi Keperawatan:** Terdapat hubungan yang bermakna antara pola makan dengan status gizi pada anak usia sekolah dasar di SDN Silo 03 Jember, meskipun kekuatan hubungannya lemah. Perawat komunitas berperan dalam meningkatkan status gizi anak melalui edukasi gizi seimbang, pemantauan status gizi secara berkala, serta kolaborasi dengan sekolah dan orang tua untuk membentuk kebiasaan makan yang sehat.

Kata Kunci: Anak Sekolah Dasar; *Food Frequency Questionnaire*; IMT/U; Pola Makan; Status Gizi

ABSTRACT

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The Relationship Between Dietary Pattern and Nutritional Status Among Elementary School Children at SDN Silo 03 Jember

viii + 124 pages + 2 figures + 14 tables + 17 appendices

Abstrak

Background and Objective: Nutritional status is an important indicator of the growth and health of school-aged children. One of the factors associated with nutritional status is dietary pattern, although it is also influenced by various other factors. This study aimed to analyze the relationship between dietary patterns and the nutritional status of elementary school children at SDN Silo 03 Jember. **Methods:** This study employed a quantitative research design with a cross-sectional approach. A total of 109 students were selected using a simple random sampling technique. Dietary pattern data were collected using the Food Frequency Questionnaire (FFQ), while nutritional status was determined through body weight and height measurements based on the Body Mass Index-for-Age (BMI-for-Age) indicator. Data were analyzed using Spearman's rho correlation test with a significance level of $\alpha = 0.05$. **Results:** The majority of respondents had a moderate dietary pattern and normal nutritional status. The analysis revealed a statistically significant positive relationship between dietary patterns and nutritional status, although the strength of the correlation was weak. These findings indicate that better dietary patterns tend to be associated with better nutritional status among children. However, nutritional status is also influenced by other factors, including physical activity, parental knowledge and parenting practices, the food environment, genetic factors, and the family's socioeconomic status. **Conclusion and Nursing Implications:** There was a statistically significant relationship between dietary patterns and the nutritional status of elementary school children at SDN Silo 03 Jember, although the strength of the relationship was weak. Community nurses play an important role in improving children's nutritional status by providing balanced nutrition education, conducting regular nutritional status monitoring, and collaborating with schools and parents to promote healthy and sustainable eating habits.

Keywords: Body Mass Index-for-Age (BMI-for-Age); Dietary pattern; Elementary school children ; Food Frequency Questionnaire (FFQ); Nutritional status.