

**ANALISIS STATUS DAN KEBUTUHAN GIZI PESERTA DIDIK
SEKOLAH DASAR USIA 11 TAHUN**

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ABSTRAK

Penelitian ini bertujuan untuk menganalisis status dan kebutuhan gizi peserta didik kelas 5 SD N 3 Tamblang. Jenis penelitian ini merupakan jenis penelitian deskriptif kuantitatif dengan menggunakan metode survey. Subjek penelitian ini adalah seluruh peserta didik kelas 5 SD N 3 Tamblang yang berjumlah 31 orang, yang terdiri dari 18 orang peserta didik laki-laki dan 13 orang peserta didik perempuan. Instrumen penelitian yang digunakan adalah lembar kuisioner dan penghitungan antropometri peserta didik. Berdasarkan hasil penelitian, diperoleh hasil status dan kebutuhan gizi peserta didik kelas 5 SD N 3 Tamblang, ada siswa yang belum mencapai status gizi optimal. Dari total 31 orang peserta didik yang diteliti, 2 orang atau sekitar 7% peserta didik memiliki status gizi obesitas berat, sementara 13 orang atau sekitar 42% peserta didik memiliki status gizi baik/ideal. Selain itu, 6 orang atau sekitar 19% peserta didik memiliki status gizi kurus ringan, serta 10 orang atau sekitar 32% peserta didik memiliki status gizi kurus berat. Peserta didik dalam kategori obesitas ringan tidak ada atau 0%. Sedangkan untuk kebutuhan gizi makro, rata-rata kebutuhan gizi karbohidrat peserta didik sebesar 367,29 gram dengan median 364 gram, nilai tertinggi 462 gram dan nilai terendah 311 gram. Rata-rata kebutuhan protein nya sebesar 91,82 gram, dengan median 91 gram, nilai tertinggi 115 gram dan nilai terendah 78 gram. Kemudian rata-rata kebutuhan lemaknya sebesar 68,02 gram dengan median 67 gram, nilai tertinggi 86 gram serta nilai terendah sebesar 58 gram. Sehingga disimpulkan bahwa gambaran status gizi peserta didik kelas 5 SD N 3 Tamblang dominan berada pada kategori normal/ideal.

Kata Kunci : Gizi, Status Gizi, Peserta Didik.

ANALYSIS OF NUTRITIONAL STATUS AND NEEDS OF 11-YEAR-OLD PRIMARY SCHOOL STUDENTS

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ABSTRACT

This study aims to analyze the nutritional status and needs of 5th grade students of SD N 3 Tamblang. This type of research is a type of quantitative descriptive research using the survey method. The subjects of this study were all 5th grade students of SD N 3 Tamblang totaling 31 people, consisting of 18 male students and 13 female students. The research instruments used were questionnaire sheets and anthropometric calculations of students. Based on the results of the study, the results obtained nutritional status and needs of 5th grade students of SD N 3 Tamblang, there are students who have not achieved optimal nutritional status. Of the total 31 students studied, 2 people or about 7% of students have a severely obese nutritional status, while 13 people or about 42% of students have a good/ideal nutritional status. In addition, 6 people or around 19% of learners have a nutritional status of mild thinness, and 10 people or around 32% of learners have a nutritional status of severe thinness. There are no learners in the mild obesity category or 0%. As for macronutrient needs, the average carbohydrate nutritional needs of students amounted to 367.29 grams with a median of 364 grams, the highest value of 462 grams and the lowest value of 311 grams. The average protein requirement is 91.82 grams, with a median of 91 grams, the highest value of 115 grams and the lowest value of 78 grams. Then the average fat requirement is 68.02 grams with a median of 67 grams, the highest value is 86 grams and the lowest value is 58 grams. So it is concluded that the description of the nutritional status of 5th grade students of SD N 3 Tamblang is dominantly in the normal / ideal category.

Keywords: Nutrition, Nutritional Status, Learners.