

ANALISIS STATUS DAN KEBUTUHAN GIZI PESERTA DIDIK

KELAS II SD NEGERI 3 SESETAN

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ABSTRAK

Penelitian ini bertujuan menganalisis status dan kebutuhan gizi peserta didik kelas 2 SDN 3 Seseetan. Jenis penelitian ini merupakan jenis penelitian deskriptif kuantitatif dengan menggunakan metode survey. Populasi penelitian ini adalah Peserta didik Kelas 2 SDN Seseetan, sampel dalam penelitian ini adalah total sampling yaitu seluruh peserta didik kelas 2 SDN 3 Seseetan yang berjumlah 86 orang dengan 40 anak laki-laki dan 46 anak perempuan, menggunakan instrumen stadio meter dan timbang badan. Teknik yang digunakan dalam penelitian ini yaitu deskriptif presentase berdasarkan hasil penelitian, diperoleh hasil status dan kebutuhan gizi peserta didik kelas 2 SDN 3 Seseetan. Dari total 86 orang peserta didik yang diteliti, 3 (4%) peserta didik memiliki status gizi obesitas berat, sementara 2 (2%) peserta didik memiliki status gizi Obesitas ringan. Selain itu, 32 (37%) peserta didik memiliki status gizi ideal, serta 49 (57%) peserta didik memiliki status gizi kurus. Untuk kebutuhan kalori harian rata-rata sebesar 1935,50 kkal, sedangkan untuk kebutuhan gizi makro, rata-rata kebutuhan gizi karbohidrat sebesar 1.195,01 kkal per hari. Kebutuhan protein rata-rata tercatat sebesar 298,75 kkal per hari. Sementara itu, rata-rata kebutuhan lemak berada di angka 497,92 kkal per hari. Sehingga disimpulkan status gizi peserta didik kelas 2 SD Negeri 3 Seseetan menunjukkan bahwa masih ada beberapa siswa yang belum mencapai status gizi optimal, untuk kebutuhan kalori peserta didik juga sangat beragam dengan rata-rata kebutuhan kalori harian sebesar 1935,50 kkal, yang perlu adanya perlakuan dari guru PJOK dan juga pihak orang tua peserta didik.

Kata Kunci : Status Gizi, Kebutuhan kalori, Peserta Didik.

ANALYSIS OF STUDENTS' NUTRITIONAL STATUS AND NEEDS
GRADE II OF STATE ELEMENTARY SCHOOL 3 SESETAN

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ABSTRACT

This study aims to analyze the nutritional status and needs of 2nd grade students of SDN 3 Sasetan. This type of research is a quantitative descriptive study using a survey method. The population of this study is 2nd grade students of SDN Sasetan, the sample in this study is total sampling, namely all 2nd grade students of SDN 3 Sasetan, totaling 86 people with 40 boys and 46 girls, using stadiometer and body weighing instruments. The technique used in this study is descriptive percentage based on the results of the study, the results of the nutritional status and needs of 2nd grade students of SDN 3 Sasetan are obtained. Of the total 86 students studied, 3 (4%) students have severe obesity nutritional status, while 2 (2%) students have mild obesity nutritional status. In addition, 32 (37%) students have ideal nutritional status, and 49 (57%) students have thin nutritional status. For the average daily calorie requirement of 1935.50 kcal, while for macronutrient requirements, the average carbohydrate nutritional requirement is 1,195.01 kcal per day. The average protein requirement is recorded at 298.75 kcal per day. Meanwhile, the average fat requirement is at 497.92 kcal per day. So it is concluded that the nutritional status of grade 2 students of SD Negeri 3 Sasetan shows that there are still some students who have not achieved optimal nutritional status, for the calorie requirements of students are also very diverse with an average daily calorie requirement of 1935.50 kcal, which requires treatment from PJOK teachers and also the parents of students.

Keywords: Nutritional Status, Calorie Needs, Students.