

Analisis Status Gizi Siswa di Sekolah Dasar 31 Pasar Ambacang

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ABSTRAK

Permasalahan dalam penelitian ini adalah dari 164 siswa, hanya 74 (45%) siswa yang fokus dan antusias selama proses pembelajaran. Tujuan penelitian ini adalah untuk mengetahui status gizi siswa di SDN 31 Pasar Ambacang Kota Padang. Penelitian ini merupakan penelitian deskriptif. Populasi dalam penelitian ini adalah seluruh siswa SDN 31 Pasar Ambacang Kota Padang yang berjumlah 164 orang. Pengambilan sampel menggunakan teknik proportional stratified random sampling, yaitu jumlah sampel yang diperoleh adalah 50 orang. Untuk mengetahui status gizi siswa menggunakan rumus $IMT = \frac{BB}{TB^2}$ dan untuk teknik analisis data yaitu analisis deskriptif $P = \frac{f}{n} \times 100\%$. Hasil penelitian menunjukkan bahwa status gizi seluruh siswa, dari pembahasan dapat disimpulkan bahwa status gizi siswa SDN Ambacang 31 Kota Padang berada pada kategori normal dengan persentase 56%, kurus 36%, dan gemuk. 8%.

Kata kunci: status gizi

ABSTRACT

The problem in this research is that out of 164 students, only 74 (45%) students are focused and enthusiastic during the learning process. The purpose of this study was to determine the nutritional status of students at 31 Elementary School Pasar Ambacang Padang City. This research is descriptive research. The population in this study were all students at 31 Pasar Ambacang Elementary School, Padang City, amounting to 164 people. Sampling using proportional stratified random sampling technique, that is, the number of samples obtained is 50 people. To determine the nutritional status of students using the formula $BMI = \frac{BW}{TB^2}$ and for data analysis techniques, namely descriptive analysis $P = \frac{f}{n} \times 100\%$. The results showed that the nutritional status of all students, from the discussion, it can be concluded that the nutritional status of 31 Ambacang Elementary School students in Padang City is in the normal category with a percentage of 56%, lean 36%, and fat 8%.

Keywords: nutrition status

Introduction/Pendahuluan

Health is a very important part of the teaching and learning process of students in schools. Health really needs to be considered in the world of education because health is something that plays a role in the world of education besides that health has great benefits for the development of students in carrying out the learning process at school.

From the above review, it can be said that all living things must be able to maintain and protect themselves from disease outbreaks by paying attention to their nutritional status. Nutritional status is a human health problem, but its prevention cannot be done with only medical approaches and health services, but humans must be given an approach to the quality and quantity of the food they consume based on the nutritional content of each type of food. Supariasa et al in Laksono (2012: 1) because the emergence of nutritional problems is multifactorial, therefore the response must involve various related sectors. Nutritional problems arise due to a lack or excess of nutrient content in food, there is an assumption that rural and suburban communities are more likely to experience malnutrition, while urban communities tend to exceed nutritional adequacy.

As one form of nutrition improvement effort is to provide knowledge to students, this can be taken over by the school as a well-organized institution and is a forum for character building and media examples of healthy living behavior, although coaching is limited by a relatively short time but as an educator we can make the best use of this time so that knowledge about the importance of nutrition can be understood by students,

without us realizing that children will bring or even influence these healthy living behaviors to parents and their families at home.

Fulfillment of balanced nutrition has various benefits that are very good for students, not only the role of ideal physical formation but also providing a source of energy to support children's activities. For example, students who are malnourished will look weak, less enthusiastic and passive, of course this can interfere with children's learning activities so that learning cannot run optimally.

Based on the results of observations on students at Elementary School 31 Pasar Ambacang Padang City, the author suspects that the nutritional status of Elementary School 31 Pasar Ambacang Padang City students is low. This is indicated by the number of students who are thin, fat and even obese, so that they are less enthusiastic about doing movements under the guidance of a PJOK teacher. So that many students are not too focused on the learning process and often yawn when the teacher explains learning. This is evidenced by the 164 students, only 74 (45%) students are focused and enthusiastic during the learning process. Because children who have poor nutrition will disrupt the function of the senses and nerves that will be used in the transfer of knowledge so that learning objectives are not achieved.

To achieve a good nutritional status is not easy because many factors affect the fulfillment of the nutritional status of these students, namely the family economy, parenting patterns, the role of physical education teachers, and the students themselves. According to Haryanti (2010:4), there are several factors that influence malnutrition in

students, including the lack of parental knowledge about nutritious food, social and economic status of parents. So the role of parents is also very important as nutritional control in the home environment.

From the explanation above, it can be said that the factors that influence nutritional status are; parenting, because parenting is the most important thing to the success of students in achieving good nutritional status, besides this, the economy of parents is a determining factor in achieving status, because an adequate family economy can fulfill children's nutrition well as well as On the other hand, if the parents' economy is inadequate, it will have an impact on children's nutrition. And the role of physical education teachers really helps students in achieving good nutritional status, if the teacher plays an active role in explaining the importance of nutrition to students then students will have good nutrition. And the student environment is also the main capital in obtaining child nutrition because if the child associates with people who are not indifferent to nutrition, the child cannot achieve good nutrition.

Based on the problems that arise, the researcher is interested in raising a title about "Review of the Nutritional Status of Elementary School 31 Pasar Ambacang Padang City to find out the causes of these problems.

Method/Metode

This research is classified as descriptive research. According to Arikunto (2014: 3), this is the simplest research compared to other studies, because in this study the researcher did nothing about the object or area that was meticulous. In accordance with the above opinion, the purpose of this study is to

describe and describe in the form of a report on the nutritional status of the 31 Ambacang Elementary School students, Padang City. The research was conducted at 31 Ambacang Elementary School, Padang City. While the time of the research was carried out on Thursday, August 12, 2021.

Population according to Yusuf (2005: 182) is "all units that have been determined regarding and from the name of the desired information". the population according to the whole or subject that is in an area and fulfills certain conditions relating to the research problem or the whole unit or individual within the scope of the researched population in this study are all students of 31 Ambacang Elementary School, Padang City. The sample is part of the number and characteristics possessed by the Arikunto population (2014:81). The sample in this study was taken using a technique in sampling this research using a random sampling technique which is a sampling where all individuals in the population both individually and together are given the same opportunity to be selected as sample members. If the population is less than 100, it is better if all of them are sampled. If the total population is more than 100, then 10-30% is taken. Because the population is too large, the sample in this study was only taken 30% of the number of students. Then the sample in the study will be selected as many as 50 people at 31 Elementary School Pasar Ambacang Padang City.

The tool used to measure nutritional status is Anthropometry, namely through weighing and measuring height using the BMI (Body Mass Index) assessment with the formula:

$$IMT = \frac{BB.(kg)}{TB.(m)^2}$$

Furthermore, after the BMI value is obtained, it is then compared with the

BMI table value which aims to determine the nutritional status of students. For more details can be seen in table 3 below:

Table 1. Nutritional Status Standards, Body Mass Index by Age (BMI/U)

Indeks	Kategori Status Gizi	Ambang Batas
Indeks Massa Tubuh Menurut Umur (IMT/U)	Sangat Kurus	≤ -3 SD
Anak Usia 5-18 Tahun	Kurus	-3 SD sampai dengan ≤ -2 SD
	Normal	-2 SD sampai dengan 1 SD
	Gemuk	>1 SD sampai dengan 2 SD
	Obesitas	>2 SD

Sumber : Kementerian Kesehatan RI (2011)

The data analysis technique used in this study was descriptive analysis with the aim of looking at the percentage of nutritional status of students at 31 Ambacang Elementary School, Padang City. Systematically the formula in descriptive analysis according to Handi (2000:293) is formulated as follows:

Result and Discussion/Hasil dan Pembahasan

1. Nutritional Status of 31 Ambacang Elementary School, Padang City

The results of the research on the nutritional status of the 31 Ambacang Elementary School students, Padang City, were identified by measuring the students' height and weight. The results of the measurement of nutritional status are as follows:

Table 2. Nutritional Status of 31 Ambacang Elementary School, Padang City

No	Kategori	Frekuensi Absolute	Frekuensi Relatif
1	Sangat kurus	0	0
2	Kurus	18	36
3	Normal	28	56
4	Gemuk	4	8
5	Obesitas	0	0
Total		50	100

Based on the table above, it can be seen that the nutritional status of 31 Ambacang Elementary School students in Padang City is in the thin category with a percentage of 36%, normal 56%, obese 8%, very thin 0%, and obese 0%. Visually, the nutritional status of 31 Ambacang Elementary School students in Padang City is as follows:

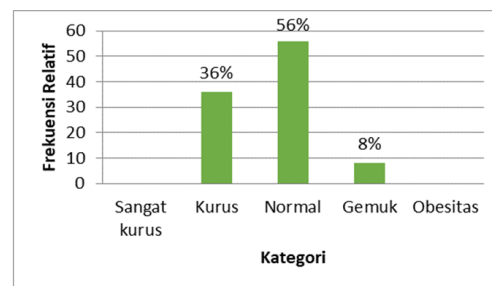


Figure 1. Nutritional Status of 31 Ambacang Elementary School, Padang City

2. Discussion/Pembahasan

Nutritional status is the result of the balance of food that enters the body with the body's needs for these substances. Optimal nutritional status when obtaining enough nutrients that are used efficiently, thus enabling physical growth, brain development, work ability and general health. Malnutrition can occur because the body lacks one or several types of nutrients needed (Wina, 2020). Antoni and Bakhtiar (2019) explain that nutritional status is a condition that explains or states a level or figure of a person's nutritional adequacy, which

means that it can be called normal nutrition and malnutrition (lack of and excess nutrition).

Nutritional needs are very important for children. Because good nutrition can be obtained by providing food in sufficient quantities and a balanced menu according to the age of each child. From the description above, it can be concluded that in order to achieve an optimal level of health, it is necessary to cover nutrition and quality as well as stimulate brain development, optimal work ability, and physical growth. Furthermore, children who have good nutritional status eat their growth and development in a balanced and healthy manner (Arnando & Firdaus, 2018). To achieve the goals of national education, the Ministry of National Education implements one of the compulsory subjects, namely Physical Education, which can help students' physical growth.

The dominant internal factor influencing students is nutritional status. Nutrients are elements contained in food and can be utilized directly by the body such as carbohydrates, proteins, fats, vitamins, minerals, and water. Likewise, balanced nutrition is needed by the body, especially for toddlers who are still in their infancy. In the period of rapid growth and development of toddlers, food of the right and balanced quality and quantity is needed. According to nutrition experts Hary oxorn and wiliam R.forte in Triwibowo and Pusphandani (2015), suggesting that "Nutrition includes a broad understanding, not only regarding the types of food and their uses for the body, but also about ways to obtain and process and consider so that we can stay healthy." From the quote above, it can be understood that the notion of nutrition is not only about the types of food needed by the human body and its functions but also how to get the food, is it good and can be consumed and how to serve it and

also considers the food consumed is not harmful and makes the body healthy.

To obtain a good level of physical fitness, many factors influence, including nutritional status or related to food factors, because some foods are needed by the body for energy sources, the development of body cells. The thing that must be done to maintain a person's nutritional status is to eat nutritious foods such as: carbohydrates, fats, proteins, vitamins, and adequate drinking water. This means that the human body really needs nutrients to obtain energy to carry out daily physical activities, restore body processes to grow and develop, especially for those who are still in their infancy.

The results of the study concluded that the nutritional status of male students was in the poor category and the female students were in the normal category, while the overall nutritional status of 31 Ambacang Elementary School in Padang City was normal. This means that the child's body composition based on weight and height is mostly normal. The factors that influence the nutritional status of 31 Ambacang Elementary School students, Padang City are very complex. These factors include children's physical activity factors, nutrition, psychological factors, and rest factors.

Overall, the nutritional status of 31 Ambacang Elementary School students in Padang City is normal, but there are some things that need attention. Some children in elementary school also have very thin, normal, and obese nutritional status. Children who have a thin nutritional status are children who have a tendency to lack of physical activity. As a result, the muscles of the child's body do not develop properly, so that the body composition becomes not ideal.

As for children who are in the obese category, it turns out that there are several reasons. First, from genetic factors, it turns out that their parents are

obese. In addition, children's eating patterns also tend to be uncontrolled and the child's physical activity is also inadequate. As a result, carbohydrates in the body are stored as fat which results in an imbalance between the child's weight and height.

From the explanation above, it can be interpreted that those who have good nutritional status of course have consumed foods that are in accordance with the needs of substances needed by their bodies, lack of knowledge of nutrition, economic conditions of people who are not good. Thus, there are many factors that can cause the low nutritional status of these students, one of which is: 1) economic level or income

Conclusion

From the results of data analysis, descriptions, research results testing, and discussion, it can be concluded that the nutritional status of 31 Ambacang Elementary School students in Padang City is in the normal category with a percentage of 56%, lean 36%, and fat 8%.

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