

ABSTRACT

An Overview Of The Nutritional Status of School Aged Children at SDN Pakis Gelora Surabaya

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Nutritional status was a key indicator in determining the quality of children's growth and development, especially during school age, which was a critical period for physical and cognitive formation. Antropometry is most commonly used to assess the nutritional status of children, with BMI-for-age (BMI/A) used to determine nutritional status categories for children aged 5-18 years. the phenomenon observed by the researcher showed that several children at SDN Pakis Gelora Surabaya had Body Mass Index (BMI) values indicating undernutrition (thinness), with scors ranging from -3SD to less than <-2SD. This study aimed to describe the nutritional status of school-aged children at SDN Pakis Gelora Surabaya. A descriptive quantitative design was used with total sampling involving 32 students from grades 1 to 5. Data were collected through anthropometric measurements (weight and height) and questionnaires filled out by parents. Nutritional status was assessed using the Body Mass Index- for-Age (BMI/Age) classification based on WHO Z-score standards. The findings revealed that most students had a normal nutritional status (81%), 6% as overweight, and 13% as obese. The results were expected to provide a reference for health promotion programs and early prevention of nutritional disorders among school children.

Keywords: nutritional status, BMI-for-age, anthropometry

ABSTRAK

GAMBARAN STATUS GIZI PADA ANAK USIA SEKOLAH DI SDN PAKIS GELORA SURABAYA

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Status gizi menjadi unsur penting dalam menentukan tumbuh kembang anak, khususnya pada anak usia sekolah yang merupakan masa kritis dalam pembentukan fisik dan kognitif. Antropometri paling umum digunakan untuk menilai status gizi pada anak, IMT/U untuk menentukan kategori status gizi pada anak usia 5-18 tahun. Fenomena yang ditemukan peneliti, terlihat pada anak-anak di SDN Pakis Gelora Surabaya, di mana beberapa di antaranya memiliki Indeks Massa Tubuh (IMT) yang menunjukkan Gizi Kurang (*thinness*) dengan nilai $-3SD$ sd $< -2SD$. Penelitian bertujuan untuk memberikan gambaran status gizi anak usia sekolah di SDN Pakis Gelora Surabaya. Desain penelitian yang digunakan adalah deskriptif kuantitatif dengan pendekatan total sampling terhadap 32 siswa kelas 1 sampai kelas 5. Data dikumpulkan menggunakan pengukuran antropometri (berat badan dan tinggi badan) serta pengisian kuesioner oleh orang tua. Status gizi dianalisis menggunakan Indeks Massa Tubuh menurut Umur (IMT/U) berdasarkan kategori WHO. Hasil penelitian menunjukkan bahwa mayoritas siswa berada dalam kategori gizi baik (81%), sedangkan sisanya menunjukkan distribusi pada kategori gizi lebih (6%), obesitas (13%). Penelitian ini merekomendasikan perlunya intervensi berupa edukasi gizi seimbang dan pengawasan pola makan anak, baik oleh sekolah maupun orang tua.

Kata kunci: Status Gizi, IMT/U, antropometri