

# HUBUNGAN TINGKAT KONSUMSI ENERGI, PROTEIN DAN STATUS GIZI DENGAN PRESTASI BELAJAR DI SDN 04 MOOTILANGO KABUPATEN GORONTALO

## ABSTRAK

**Wican T. Laudiu. 811411031.** Hubungan Tingkat Konsumsi Energi, Protein dan Status Gizi dengan Prestasi Belajar di SDN 04 Mootilango Kabupaten Gorontalo. Jurusan Kesehatan Masyarakat, Fakultas Ilmu-ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo. Pembimbing I Dr. Lintje Boekoesoe., M.Kes dan Pembimbing II Dr. Sunarto Kadir, Drs., M.Kes.

Status gizi yang baik akan mempengaruhi proses pertumbuhan dan perkembangan anak. Gizi dikatakan baik apabila terdapat keseimbangan dan keserasian antara pertumbuhan fisik dan perkembangan mental. Perkembangan dan pertumbuhan otak menentukan bagaimana tingkat kecerdasan manusia. Rumusan masalah dalam penelitian ini adalah Apakah ada hubungan tingkat konsumsi energi, protein dan status gizi dengan prestasi belajar di SDN 04 Mootilango Kabupaten Gorontalo?. Tujuan dari penelitian untuk menganalisis hubungan antara tingkat konsumsi energi, protein, dan status gizi dengan prestasi belajar di SDN 04 Mootilango Kabupaten Gorontalo.

Penelitian ini bersifat deskriptif analitik dengan desain *cross-sectional*. Pemilihan sampel menggunakan cara *purposive sampling* dengan kriteria anak sekolah dasar kelas IV, V, dan kelas VI yang dapat berkomunikasi dengan baik dan tidak ada cacat.

Hasil penelitian berdasarkan uji korelasi spearman rank dengan ( $\alpha=0,05$ ), terdapat hubungan tingkat konsumsi energi dengan prestasi belajar dimana  $r:0,578$  dengan ( $p=0,001$ ), jadi  $p\text{-value}=0,001 < \alpha=0,05$ , terdapat hubungan tingkat konsumsi protein dengan prestasi belajar  $r:0,851$  dengan ( $p=0,000$ ),  $p\text{-value}=0,000 < \alpha=0,05$ , terdapat hubungan status gizi dengan prestasi belajar  $r:0,587$  dengan ( $p=0,001$ ),  $p\text{-value}=0,001 < \alpha=0,05$ , maka  $H_0$  ditolak. Disimpulkan bahwa terdapat hubungan yang signifikan tingkat konsumsi energi-protein dan status gizi dengan prestasi belajar, maka peneliti menyarankan agar dilaksanakan program perbaikan gizi anak sekolah melalui program UKS perlu ditingkatkan agar konsumsi energi-protein dan status gizi dapat meningkat sehingga dapat meningkatkan prestasi belajar.

**Kata Kunci:** Energi, Protein, Status Gizi, Prestasi Belajar

## ABSTRACT

**Wican T. Laudiu. 811411031.** The Relation between Level of Energy Consumption, Protein, and Nutrient Status, and Learning Achievement of Elementary School Students at SDN 04 Mootilango, District of Gorontalo. Department of Public Health, Faculty of Health Sciences and Sports, State University of Gorontalo. The principal supervisor was Dr. Lintje Boekoesoe., M.Kes and the co-supervisor was Dr. Sunarto Kadir, Drs., M.Kes.

A good nutrient status affects the process of growth and development of children. Children's nutrient can be good if there is a harmony and balance of physical growth and psychological development. The development and growth of brain determines level of human's intelligence. The problem statement of this research was "is there any relation between level of energy consumption, protein, and nutrient status, and learning achievement of elementary school at SDN 04 Mootilango, district of Gorontalo?" The research aimed at analyzing the relation between level of energy consumption, protein, and nutrient status, and learning achievement of elementary school students at SDN 04 Mootilango, district of Gorontalo.

The research was a descriptive analytics research by having cross-sectional design. The technique of sampling was purposive sampling with the criteria of elementary school students who were in grade IV, V, and VI and could communicate properly, and they were not defect.

The research result based on spearman correlation test with ( $\alpha=0,05$ ) showed that there was relation between level of energy consumption with learning achievement  $asr:0,578$  with ( $p=0,001$ ), therefore  $p\text{-value}=0,001 < \alpha=0,05$ , there was relation between level of protein consumption with learning achievement  $asr:0,851$  with ( $p=0,000$ ), therefore  $p\text{-value}=0,000 < \alpha=0,05$ , there was relation between nutrient status with learning achievement  $asr:0,587$  with ( $p=0,001$ ), therefore  $p\text{-value}=0,001 < \alpha=0,05$ . Thus,  $H_0$  was rejected. It can be concluded that, there was a significant relation between level of energy consumption, protein, and nutrient status, and learning achievement. Therefore, it is suggested that there should be a nutrient development program for students through School Health Unit, so level of energy and protein consumption and nutrient status of children can be improved in order to increase their learning achievement.

**Keywords:** Energy, Protein, Nutrient Status, Learning Achievement

