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**HUBUNGAN STATUS GIZI DENGAN GANGGUAN TIDUR PADA
ANAK USIA 6-12 TAHUN DI DESA KENTENG KABUPATEN
SEMARANG**

ABSTRAK

Tidur merupakan kebutuhan dasar yang diperlukan setiap individu, tidur yang cukup supaya tubuh dapat berperan secara normal. Gangguan tidur pada anak-anak ditemukan meningkat selama beberapa tahun terakhir dan pengetahuan tentang faktor risiko mereka terbatas. Status gizi bisa menjadi salah satu faktor penyebab masalah tidur pada anak. Status gizi merupakan parameter umum keseimbangan antar kadar zat gizi yang dibutuhkan tubuh anak. Tujuan penelitian untuk mengetahui hubungan antara status gizi dengan gangguan tidur pada anak usia 6-12 tahun di Desa Kenteng Kabupaten Semarang.

Desain penelitian *deskriptif korelatif* dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah anak usia 6-12 tahun di Desa Kenteng Kabupaten Semarang sebanyak 610 anak. Teknik sampling penelitian ini adalah *probability sampling* dengan jumlah sampel 86 anak, teknik pengambilan sampel yang digunakan yaitu *stratified random sampling*. Instrumen yang digunakan adalah pengukuran status gizi (tinggi badan dan berat badan) dan lembar kuesioner SDSC (*Sleep Disturbance Scale for Children*). Analisis data menggunakan uji *kendall tau*.

Berdasarkan hasil analisis jumlah keseluruhan terdapat 86 responden (100%), responden dengan status gizi kategori normal sebanyak 55 responden (64,0%), kategori gemuk sebanyak 24 responden (27,9%), kategori obesitas sebanyak 7 responden (8,1%) dan responden tidak ada gangguan tidur yaitu sebanyak 58 responden (67,4%) sedangkan 28 responden (32,6%) mengalami atau ada gangguan tidur. Uji statistik *Kendall-tau* diperoleh nilai *p-value* sebesar $0.659 > 0.05$ artinya tidak terdapat hubungan yang signifikan antara status gizi dengan gangguan tidur pada anak. Disimpulkan bahwa tidak ada hubungan antara status gizi dengan gangguan tidur pada anak usia 6-12 tahun di Desa Kenteng Kabupaten Semarang.

Kata kunci : Status Gizi, Gangguan Tidur, Anak Usia Sekolah
Kepustakaan : 51 pustaka (2004-2020)

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**THE CORRELATION BETWEEN NUTRITIONAL STATUS AND SLEEP
DISTRUBANCES IN AGE 6-12 CHILDREN AT KENTENG VILLAGE,
SEMARANG REGENCY**

ABSTRACT

Sleep is a basic need that every individual needs, enough sleep so that the body can function normally. Sleep disturbances in children are found to be increasing over the past few years and the knowledge about their risk factors. Nutritional status could be one of the contributing factors for sleep problems in children. There are several factors that relate with sleep disturbances, where one of the nutrition status. Nutritional status represents the balance between nutrient levels needed by the child's body. The research objective was to determine the relationship between nutritional status and sleep disorders in children aged 6-12 years in Kenteng Village, Semarang Regency.

The study was descriptive correlational research design with cross sectional approach. The population study were 610 children aged 6-12 years in Kenteng Village, Semarang Regency. The sampling technique used in this research is probability sampling with a sample size of 86 children, the sampling technique used is stratified random sampling. The instruments used were the measurement of nutritional status (height and weight) and the SDSC (*Sleep Disturbance Scale for Children*) questionnaire sheet. The analysis bivariat used kendall tau test.

Based on the results of the analysis, the total number of respondents was 86 respondents (100%), respondents with normal nutritional status were 55 respondents (64.0%), fat categories were 24 respondents (27.9%), obesity categories were 7 respondents (8.1 %) and respondents with no sleep disturbance were 58 respondents (67.4%) while 28 respondents (32.6%) experienced or had sleep disturbances. The statistical test result obtained a p-value is $0.659 > 0.05$, so there is no significant relationship between nutritional status and sleep disturbance in children. It was concluded that there was no relationship between nutritional status and sleep disturbance in children aged 6-12 years in Kenteng Village, Semarang Regency.

Keywords : Nutritional Status, Sleep Disrubance, Middle Childhood
Literature : 51 literatures (2004-2020)