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HUBUNGAN ANTARA DURASI PENGGUNAAN GADGET, AKTIVITAS FISIK DAN ASUPAN ENERGI DENGAN STATUS GIZI PADA SISWA SEKOLAH DASAR DI KECAMATAN NGABLAK

ABSTRAK

Latar Belakang : Saat ini akses internet sudah meluas hingga sampai ke perdesaan. Penggunaan gadget ini memicu gaya hidup sedentary. Gaya hidup sedentary berpengaruh pada aktivitas fisik, asupan energi hingga status gizi.

Metode: Desain penelitian observasional analitik dengan pendekatan cross-sectional. Jumlah sampel diambil dengan simple random sampling pada siswa SD berusia 11-12 tahun di Kecamatan Ngablak. Status gizi berdasarkan z-score (IMT/U). Durasi penggunaan gadget menggunakan wawancara, aktivitas fisik menggunakan kuesioner PAQ-C dan asupan energi menggunakan recall 2x24 jam. Analisis data menggunakan uji kendal tau-b ($p\text{-value} = < 0,05$)

Hasil : Siswa Sekolah Dasar di Kecamatan Ngablak memiliki durasi penggunaan gadget lebih 68,3%. Aktivitas fisik sedang 58,3%. Asupan energi normal 48,3%. Status gizi sangat kurus sebesar 6,7%, kurus 11,7%, normal 40%, overweight 25% dan obesitas 16,7%. Nilai p-value antara durasi penggunaan gadget, aktivitas fisik, dan asupan energi dengan status gizi masing-masing yaitu 0.085, 0.011 dan 0.001.

Simpulan : Tidak terdapat hubungan durasi penggunaan gadget dengan status gizi pada siswa sekolah dasar, namun terdapat hubungan antara aktivitas fisik dengan status gizi pada siswa sekolah dasar dan terdapat hubungan asupan energi dengan status gizi pada siswa sekolah dasar.

Kata Kunci : Gadget, Aktivitas Fisik, Asupan Energi dan Status Gizi

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THE RELATIONSHIP BETWEEN DURATION OF GADGET USE, PHYSICAL ACTIVITY AND ENERGY INTAKE AND NUTRITIONAL STATUS IN PRIMARY SCHOOL STUDENTS IN NGABLAK DISTRICT

ABSTRACT

Background: Currently internet access has spread to rural areas. The use of these gadgets triggers a sedentary lifestyle. A sedentary lifestyle affects physical activity, energy intake and nutritional status.

Method: Analytical observational research design with a cross-sectional approach. The sample size was taken using simple random sampling from elementary school students aged 11-12 years in Ngablak District. Nutritional status based on z-score (BMI/U). Duration of gadget use using interviews, physical activity using the PAQ-C questionnaire and energy intake using 2x24 hour recall. Data analysis used the tau-b test ($p\text{-value} = <0.05$)

Results: Elementary school students in Ngablak District have a gadget usage duration of 68.3% more. Moderate physical activity 58.3%. Normal energy intake 48.3%. The nutritional status was very thin at 6.7%, thin at 11.7%, normal at 40%, overweight at 25% and obese at 16.7%. The p-value between duration of gadget use, physical activity and energy intake and nutritional status is 0.085, 0.011 and 0.001 respectively.

Conclusion: There is no relationship between duration of gadget use and nutritional status in elementary school students, but there is a relationship between physical activity and nutritional status in elementary school students and there is a relationship between energy intake and nutritional status in elementary school students.

Keywords: Gadgets, Physical Activity, Energy Intake and Nutritional Status