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(GAMBARAN PERILAKU MAKAN BUAH DAN SAYUR SERTA KARAKTERISTIK
PADA SISWA DI SDN PLEDOKAN SUMOWONO)

ABSTRAK

Latar Belakang: dalam penelitian ini di latar belakang dengan konsumsi buah dan sayur pada anak sangat berpengaruh pada pertumbuhan anak-anak namun berdasarkan hasil riset diketahui anak-anak usia di atas 5 tahun minimal sebanyak 5 porsi perhari dalam seminggu konsumsi buah dan sayur di Jawa Tengah pada tahun 2023 sebesar 64,7% (1-2 porsi perhari), 26,4% (3-4 porsi perhari), 3,8% (≥ 5 porsi perhari), dan 5,1% tidak konsumsi buah dan sayur dan masih dikatakan kurang dalam konsumsi buah dan sayur.

Metode: metode yang dilakukan dalam penelitian ini merupakan kualitatif deskriptif dengan design penelitian survey deskriptif dengan pendekatan statistik deskriptif. populasi dan sampel dalam penelitian ini diambil dengan menggunakan teknik total sampling dengan populasi sebanyak 40 siswa dengan usia 7-14 Tahun di SDN Pledokan Sumowono, variabel yang diteliti dalam penelitian ini yaitu perilaku makan buah dan sayur serta karakteristik siswa yaitu jenis kelamin dan usia. penelitian ini dilakukan dengan menggunakan kuesioner.

Hasil: dalam penelitian ini menggambarkan jumlah perilaku makan buah dan sayur siswa, rata-rata makan buah dan sayur pada siswa dan juga rata-rata makan buah dan sayur berdasarkan karakteristiknya.

Kesimpulan: dari hasil yang didapat dalam penelitian ini diketahui gambaran Perilaku makan buah dan sayur siswa di SDN Pledokan.

Kata kunci: Perilaku makan buah dan sayur, Karakteristik Siswa.

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(DESCRIPTION OF FRUIT AND VEGETABLE EATING BEHAVIOR AND
CHARACTERISTICS OF STUDENTS AT SDN PLEDOKAN SUMOWONO)

ABSTRACT

Background: This research is based on the fact that fruit and vegetable consumption in children significantly affects their growth. However, according to the research findings, children over the age of 5 should consume at least 5 servings per day. In Central Java in 2023, the consumption of fruits and vegetables was reported as follows: 64.7% (1-2 servings per day), 26.4% (3-4 servings per day), 3.8% (≥ 5 servings per day), and 5.1% did not consume fruits and vegetables at all, indicating that their intake is still considered insufficient.

Methods: The method used in this research is descriptive qualitative with a descriptive survey research design using a descriptive statistical approach. The population and sample in this study were taken using total sampling technique, with a population of 40 students aged 7-14 years at SDN Pledokan Sumowono. The variables examined in this research are the eating behavior of fruits and vegetables and the characteristics of the students, namely gender and age. This study was conducted using a questionnaire.

Results: This study describes the number of fruit and vegetable eating behaviors among students, the average consumption of fruits and vegetables among students, and also the average consumption of fruits and vegetables based on their characteristics.

Conclusion: From the results obtained in this study, it is known that the eating behavior of fruits and vegetables among students at SDN Pledokan is depicted.

Keywords: Eating behavior of fruits and vegetables, Characteristics of Students.