

## ABSTRAK

# HUBUNGAN *MORNING MEAL ADHERENCE* DAN *SNACKING* DENGAN STATUS GIZI ANAK DALAM MASA PELAKSANAAN PROGRAM MAKAN BERGIZI GRATIS DI MI MIFTAHUL HUDA PECALUKAN

OLEH : ADE HADIRATUS AMARIA PUTRI

*Morning meal adherence* dan *snacking* merupakan salah satu bagian dari pola makan anak usia sekolah yang dapat mempengaruhi pemenuhan kebutuhan gizi dan kondisi status gizi anak. Tujuan penelitian adalah untuk mengetahui hubungan antara *morning meal adherence* dan *snacking* dengan status gizi anak pada masa pelaksanaan program Makan Bergizi Gratis di Mi Miftahul Huda Pecalukan Kecamatan Prigen Kabupaten Pasuruan. Desain penelitian analitik dengan pendekatan *case control*. Populasi seluruh siswa kelas 4,5, dan 6 di MI Miftahul Huda Pecalukan sejumlah 166 dengan teknik pengambilan sampel menggunakan *Proportional Stratified Random Sampling* dan didapatkan sampel sebanyak 117 responden. Data diambil dengan menggunakan pengukuran IMT/U dan kuesioner. Setelah terkumpul dilakukan pengolahan data dan dilanjutkan uji statistik Regresi Logistik Ordinal dengan bantuan SPSS versi 26.0. Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki kebiasaan *morning meal adherence* dalam kategori cukup patuh (64,1%), responden memiliki kebiasaan *snacking* dalam kategori sedang (70,9%), dan responden memiliki status gizi kurang (55,6%). Hasil analisis uji statistik Regresi Logistik Ordinal didapatkan nilai  $p (0,347) > \alpha (0,05)$ , artinya tidak terdapat hubungan antara *morning meal adherence* dan *snacking* dengan status gizi anak. Hasil penelitian menunjukkan bahwa status gizi anak kemungkinan dipengaruhi oleh faktor lain seperti pola makan harian, aktivitas fisik, kondisi kesehatan, pola asuh orang tua, serta pelaksanaan program Makan Bergizi Gratis yang membantu pemenuhan kebutuhan gizi anak.

**Kata Kunci :** *morning meal adherence*, *snacking*, status gizi anak

## ABSTRACT

### THE RELATIONSHIP BETWEEN MORNING MEAL ADHERENCE AND SNACKING WITH CHILDREN'S NUTRITIONAL STATUS DURING THE IMPLEMENTATION OF THE FREE NUTRITIOUS MEAL PROGRAM AT MI MIFTAHUL HUDA PECALUKAN

Morning meal adherence and snacking are part of the dietary habits of school-aged children that may influence the fulfillment of nutritional needs and children's nutritional status. This study aimed to determine the relationship between morning meal adherence and snacking with children's nutritional status during the implementation of the "Makan Bergizi Gratis" at MI Miftahul Huda Pecalukan, Prigen District, Pasuruan Regency. This study used an analytical research design with a case-control approach. The population consisted of all 4th, 5th, and 6th grade students at MI Miftahul Huda Pecalukan, totaling 166 students. The sampling technique used was Proportional Stratified Random Sampling, resulting in 117 respondents. Data were collected using BMI-for-age (BMI/A) measurements and questionnaires. The collected data were processed and analyzed using the Ordinal Logistic Regression statistical test with SPSS version 26.0. The results showed that most respondents had morning meal adherence in the moderately adherent category (64.1%), snacking habits in the moderate category (70.9%), and undernutrition nutritional status (55.6%). The results of the Ordinal Logistic Regression statistical test obtained a p-value of  $0.661 > \alpha (0.05)$ , meaning that there was no relationship between morning meal adherence and snacking with children's nutritional status. The findings indicate that children's nutritional status may be influenced by other factors such as daily dietary patterns, physical activity, health conditions, parenting styles, and the implementation of the Free Nutritious Meal Program which helps fulfill children's nutritional needs.

**Keywords:** morning meal adherence, snacking, children's nutritional status