

ABSTRACT

Differences in Nutritional Status Before and After the Provision of Free Nutritious Meals (MBG) to Children at SDN Ketemasdungus

By :

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The Free Nutritious Meal (MBG) program is a government initiative designed to meet the nutritional needs of school-aged children by providing balanced, nutritious meals, with the aim of improving their nutritional status. This study aimed to determine the difference in nutritional status before and after the provision of MBG to students at SDN Ketemasdungus, Puri District, Mojokerto Regency. An analytic observational design with a retrospective comparative approach was employed. The study population consisted of all students at SDN Ketemasdungus, Puri District, Mojokerto Regency, for whom nutritional status data was available. A non-probability purposive sampling technique was used, resulting in a sample of 98 students who met the inclusion and exclusion criteria. Data on nutritional status prior to the MBG program were obtained from school records, while post-program data were collected by measuring body weight and height using a scale and a stadiometer (microtoise). The collected data underwent editing, coding, and tabulation, followed by analysis using the Wilcoxon Signed-Rank Test at a significance level of $\alpha = 0.05$. The results indicated a significant difference in nutritional status. Providing MBG—which contains macro- and micronutrients in accordance with balanced nutrition principles—helps meet students' daily nutritional requirements, thereby supporting the attainment of normal nutritional status.

Keywords: Free Nutritious Meal (MBG), nutrition children

ABSTRAK

Perbedaan Status Gizi Sebelum dan Sesudah Pemberian Makanan Bergizi Gratis (MBG) Anak di SDN Ketemasdungus

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Program Makanan Bergizi Gratis (MBG) merupakan upaya pemerintah untuk memenuhi kebutuhan gizi anak sekolah melalui penyediaan makanan bergizi seimbang sehingga diharapkan dapat meningkatkan status gizi anak. Penelitian ini bertujuan mengetahui perbedaan status gizi sebelum dan sesudah pemberian MBG pada siswa SDN Ketemasdungus Kecamatan Puri Kabupaten Mojokerto. Penelitian ini menggunakan desain observasional analitik dengan pendekatan komparatif retrospektif. Populasi penelitian adalah seluruh siswa SDN Ketemasdungus Kecamatan Puri Kabupaten Mojokerto yang memiliki data status gizi. Teknik sampling yang digunakan adalah non probability sampling dengan teknik purposive sampling, sehingga diperoleh sampel sebanyak 98 siswa yang memenuhi kriteria inklusi dan eksklusi. Data status gizi sebelum pemberian Makanan Bergizi Gratis (MBG) diperoleh dari data sekunder sekolah, sedangkan data sesudah pemberian MBG diperoleh melalui pengukuran berat badan dan tinggi badan menggunakan timbangan, microtoise. Data yang terkumpul kemudian diolah melalui tahap editing, coding, dan tabulating, kemudian dianalisis menggunakan uji Wilcoxon Signed Rank Test dengan tingkat signifikansi $\alpha = 0,05$ yang berarti terdapat perbedaan status gizi yang signifikan. Pemberian MBG yang mengandung zat gizi makro dan mikro sesuai prinsip gizi seimbang membantu memenuhi kebutuhan gizi harian siswa sehingga mendukung tercapainya status gizi normal.

Kata kunci: Makanan Bergizi Gratis (MBG), gizi anak