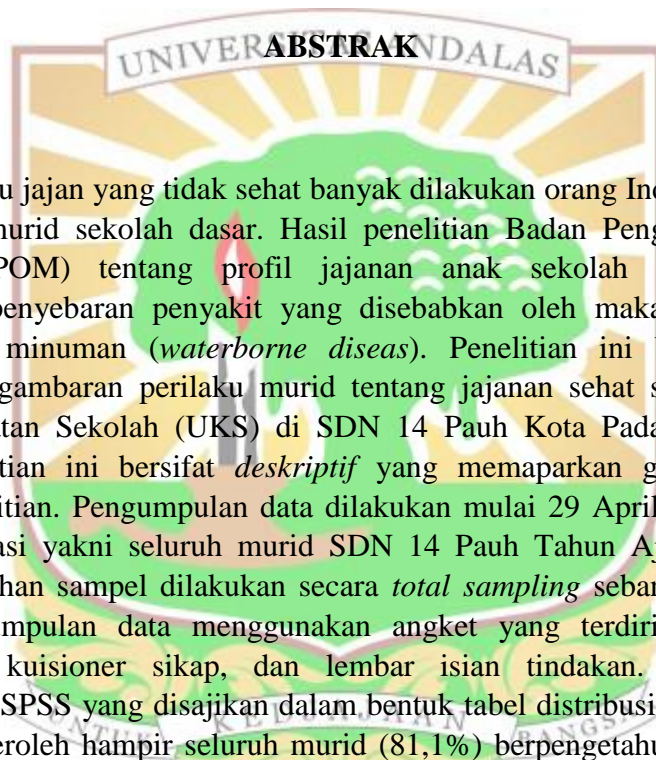


**FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
SKRIPSI, Juli 2016**

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**Gambaran Perilaku Murid Tentang Jajanan Sehat Sebagai Program Usaha
Kesehatan Sekolah Di Sekolah Dasar Negeri 14 Pauh Kota Padang
Tahun 2016**



Perilaku jajan yang tidak sehat banyak dilakukan orang Indonesia terutama di kalangan murid sekolah dasar. Hasil penelitian Badan Pengawas Obat dan Makanan (BPOM) tentang profil jajanan anak sekolah (PJAS) banyak menunjukkan penyebaran penyakit yang disebabkan oleh makanan (*foodborne diseases*) serta minuman (*waterborne diseases*). Penelitian ini bertujuan untuk mendapatkan gambaran perilaku murid tentang jajanan sehat sebagai program Usaha Kesehatan Sekolah (UKS) di SDN 14 Pauh Kota Padang tahun 2016. Desain penelitian ini bersifat *deskriptif* yang memaparkan gambaran terkait variabel penelitian. Pengumpulan data dilakukan mulai 29 April – 13 Mei 2016 dengan populasi yakni seluruh murid SDN 14 Pauh Tahun Ajaran 2015/2016 dengan pemilihan sampel dilakukan secara *total sampling* sebanyak 127 murid. Teknik pengumpulan data menggunakan angket yang terdiri dari kuisisioner pengetahuan, kuisisioner sikap, dan lembar isian tindakan. Data dianalisa menggunakan SPSS yang disajikan dalam bentuk tabel distribusi frekuensi. Hasil penelitian diperoleh hampir seluruh murid (81,1%) berpengetahuan baik tentang jajanan sehat, lebih dari setengah murid (59,8%) yang bersikap positif tentang jajan sehat, dan hampir setengah murid (37%) sering mengkonsumsi jajanan sehat. Berdasarkan hasil penelitian ini diharapkan kepada pihak sekolah dapat berkolaborasi dengan lintas sektoral untuk mengaktifkan, membina, dan menjalankan program UKS dalam pengawasan kantin di sekitar sekolah untuk membantu murid serta lingkungan sekolah memiliki pengetahuan, bersikap, dan berperilaku baik dalam memilih jajanan sehat.

**Kata Kunci : Perilaku jajan, jajanan sehat, dan murid sekolah dasar
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***Overview of Students Behavior of Healthy Foods as a School Health Program
in the State Elementary School 14 Pauh Padang 2016***

ABSTRACT

The behavior of consuming foods is always do by the majority of people in Indonesian especially among student of elementary school. The result of the study by BPOM about The Student Foods Profile much found that the disease that cause of food (foodborne diseas) and the water (waterborne diseases). The aim of this study is to know the overview of student behavior about healthy food as Health School Programme in the State Elementary School 14 Padang 2016. This study was used the descriptive design that explained the phenomenom of variable. The data collection was doing on April, 29 until May, 13 2016 with the population was all of the student Elementary School 14 Pauh by using the totally sampling tehnikue which included 127 students that match the exlusion and inclusion characteristics. There are three forms of questionnaire in this study that contain the question of knowledge in 16 items, attitude in 15 items, and the action spreadsheets. The results of this study was analyzed by using SPSS that interpretated by the Table of distribution frequence. From the results we can conclude that almost all of the students (81,1%) had good knowledges about the healthy food, more than a half of students (59,85) had postive attitudes about the healthy food, and almost half of students (37%) often consumed the healthy food. Based on the result we hope the school will pay more attention and give some health education about the determining healthy foods behavior, so they have adequate nutrient that will increse their learning achievement.

Keywords : behavior of consuming food, healthy food, and student of elementary school

Bibliografi : 43 (2000-2016)