



**UNIVERSITAS ANDALAS**

**HUBUNGAN ANTARA STATUS GIZI, KEBIASAAN SARAPAN PAGI, DAN  
KADAR HEMOGLOBIN DENGAN PRESTASI BELAJAR  
SISWA KELAS IV DAN V SDN 12 SUNGAI LIKU**

**KABUPATEN PESISIR SELATAN**

**TAHUN 2018**

**Oleh :**

**RANDITA LARASATI KURNIA**

**No. BP. 1411211035**

**Pembimbing I : Dr. Denas Symond, MCN**

**Pembimbing II : Dr. Azrimaidaliza, SKM, MKM**

**FAKULTAS KESEHATAN MASYARAKAT**

**UNIVERSITAS ANDALAS**

**PADANG, 2018**

**FAKULTAS KESEHATAN MASYARAKAT**

**UNIVERSITAS ANDALAS**

**Skripsi, Juni 2018**

**RANDITA LARASATI KURNIA, No. BP. 1411211035**

**HUBUNGAN ANTARA STATUS GIZI, KEBIASAAN SARAPAN PAGI, DAN KADAR HEMOGLOBIN DENGAN PRESTASI BELAJAR SISWA KELAS IV DAN V SDN 12 SUNGAI LIKU KABUPATEN PESISIR SELATAN TAHUN 2018**

xi + 65 halaman, 21 tabel, 2 gambar, 7 lampiran

### **ABSTRAK**

#### **Tujuan**

Prestasi belajar merupakan salah satu cara untuk mengukur pencapaian tujuan pendidikan. Tujuan penelitian ini untuk mengetahui hubungan antara status gizi, kebiasaan sarapan pagi, dan kadar hemoglobin dengan prestasi belajar siswa kelas IV dan V SDN 12 Sungai Liku Kabupaten Pesisir Selatan pada tahun 2018.

#### **Metode**

Metode yang dipakai adalah kuantitatif dengan menggunakan desain *cross-sectional*. Populasi adalah seluruh siswa kelas IV dan V yang ada di SDN 12 Sungai Liku sebanyak 106 siswa. Sampel berjumlah 57 siswa. Pengambilan sampel dilakukan dengan teknik *simple random sampling*. Analisis data dilakukan dengan menggunakan analisis *cross sectional* dengan uji *Chi-square*.

#### **Hasil**

Hasil penelitian menunjukkan rata-rata prestasi belajar siswa adalah 68,7 dengan prestasi belajar kurang sebanyak 31 responden (54,4%). Sebanyak 33 responden (57,9%) memiliki status gizi normal, 42 responden (73,7%) tidak terbiasa sarapan pagi, 36 responden (63,2%) memiliki kontribusi asupan sarapan kurang, dan 41 responden (71,9%) tidak anemia. Berdasarkan hasil uji statistik diketahui bahwa terdapat hubungan antara status gizi dengan prestasi belajar ( $p\text{-value} = 0,000$ ), terdapat hubungan antara frekuensi sarapan pagi dengan prestasi belajar ( $p\text{-value} = 0,001$ ), terdapat hubungan antara kontribusi asupan sarapan pagi dengan prestasi belajar ( $p\text{-value} = 0,000$ ), dan terdapat hubungan antara kadar hemoglobin dengan prestasi belajar ( $p\text{-value} = 0,001$ )

#### **Kesimpulan**

Status gizi, kebiasaan sarapan pagi, dan kadar hemoglobin berhubungan dengan prestasi belajar. Orang tua harus mengatur pola hidup sehat di dalam keluarga khususnya dalam mengatur makanan sehari-hari, dengan membiasakan anak makan dalam jumlah cukup dan gizi seimbang, sebaiknya juga membiasakan anak untuk sarapan pagi.

**Daftar Pustaka :** 62 (1986-2017)

**Kata Kunci :** prestasi belajar, status gizi, kebiasaan sarapan, kadar hemoglobin

**FACULTY OF PUBLIC HEALTH**

**UNIVERSITY OF ANDALAS**

**Undergraduate Thesis, June 2018**

**RANDITA LARASATI KURNIA, No. BP. 1411211035**

**THE RELATIONSHIP BETWEEN OF NUTRITIONAL STATUS, BREAKFAST HABITS, AND HEMOGLOBIN LEVELS WITH STUDENT LEARNING ACHIEVEMENT IN 4th AND 5th GRADE AT SDN 12 SUNGAI LIKU PESISIR SELATAN DISTRICT IN 2018**

xi + 65 pages, 21 tables, 2 images, 7 appendices

**ABSTRACT**

**Objective**

Learning achievement is one way to measure the achievement of educational goals. The purpose of this research is to know the relationship between of nutritional status, breakfast habits, and hemoglobin levels with student learning achievement in 4th and 5th grade at SDN12 Sungai Liku Pesisir Selatan District in 2018

**Method**

The method used is quantitative by using cross-sectional design. The population is all students of 4th and 5th grade at SDN 12 Sungai Liku as many as 106 students. The samples are 57 students, the sampling technique is simple random sampling. Data analysis is done by using cross-sectional analysis with chi-square test.

**Results**

The result showed that average of student learning achievement is 68,7 with less learning achievement as many as 31 students (54,4%). There are 33 students (57,9%) have normal nutritional status, 42 students (73,7%) not used to breakfast, 36 students (63,2%) has less contribute breakfast intake, and 41 students (71,9%) not suffer anemia. Based on the result of statistical test, it is known that there is correlation between nutritional status and learning achievement (p-value = 0,000), there is correlation between breakfast frequency with learning achievement (p-value = 0,001), there is correlation between contribution breakfast intake with learning achievement p-value = 0.000), and there is relation between hemoglobin levels with learning achievement (p-value = 0,001)

**Conclusion**

Nutritional status, breakfast habits, and hemoglobin levels are related to learning achievement. Parents should set a healthy lifestyle in the family, especially in managing the daily diet, by getting children to eat in sufficient quantities and balanced nutrition, should also familiarize children for breakfast.

**References :** 62 (1986-2017)

**Keywords :** learning achievement, nutritional status, breakfast habits, hemoglobin levels