



UNIVERSITAS ANDALAS

**PENGARUH PEMBERIAN MAKANAN TAMBAHAN ANAK
SEKOLAH TERHADAP STATUS GIZI DAN PRESTASI
BELAJAR PADA SISWA SEKOLAH DASAR
DI KOTA SOLOK TAHUN 2018**

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xii + 55 halaman, 13 tabel, 6 gambar, 1 grafik, 12 lampiran

ABSTRAK

Tujuan Penelitian

Pemberian Makanan Tambahan Anak Sekolah (PMT-AS) merupakan salah satu program dalam rangka meningkatkan status gizi dan kemampuan siswa. Tujuan penelitian ini untuk mengetahui pengaruh PMT-AS terhadap status gizi dan prestasi belajar pada siswa SD di Kota Solok tahun 2018.

Metode

Penelitian ini merupakan studi *experimental*. Sampel adalah siswa SD usia 10-12 sebanyak 70 orang. Pengambilan data dilakukan sebanyak 2 kali, pre-test dan post-test. Intervensi diberikan 30 kali dengan pemberian makanan tambahan yang mengandung rata-rata nilai gizi sebesar 335 kkal energi dan 9,6 gram protein. Analisis bivariat menggunakan uji *T-test-One Sample Test* dan *Wilcoxon*.

Hasil

Penyelenggaraan PMT-AS di kota Solok berjalan baik sesuai pedoman pelaksanaan pusat. Ada peningkatan status gizi normal dari 74,7% menjadi 84,3 % dan ada penurunan kasus gizi kurus dari 21,4 % menjadi 14,3 % dan sangat kurus dari 2,9% menjadi 1,4%. Ada peningkatan prestasi belajar dari 76,0 menjadi 77,0. Berdasarkan hasil uji statistik diperoleh hasil ada perbedaan status gizi sesudah pemberian PMT-AS dengan perolehan *p-value* < 0,0001 dan ada perbedaan prestasi belajar sesudah pemberian PMT-AS dengan perolehan *p-value*=0,001.

Kesimpulan

Ada pengaruh PMT-AS terhadap status gizi dan prestasi belajar pada siswa SD di kota Solok tahun 2018. Diperlukan penyuluhan PMT-AS dan pentingnya sarapan pagi pada siswa di kelas.

Daftar Pustaka : 41 (1990-2018)

Kata Kunci : pemberian makanan tambahan anak sekolah, prestasi belajar, status gizi

**STUDY PROGRAM S1 NUTRITION FACULTY OF PUBLIC HEALTH
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**THE EFFECT OF SUPPLEMENTARY FEEDING OF SCHOOL CHILDREN
PROGRAM ON NUTRITIONAL STATUS AND ACHIEVEMENT OF
LEARNING IN BASIC SCHOOL STUDENTS IN SOLOK CITY, 2018**
xii + 55 pages, 13 tables, 6 pictures, 1 graph, 12 attachments

ABSTRACT

Research Purposes

Supplementary Feeding Of School Children Program (PMT-AS) is one program in order to improve the nutritional status and ability of students. The purpose of this study was to determine the effect of PMT-AS on nutritional status and learning achievement of elementary students in Solok City in 2018.

Method

This research is an experimental study. Samples were elementary students aged 10-12 as many as 70 people. Data collection was carried out 2 times, pre-test and post-test. Intervention is given 30 times with the provision of additional food containing an average nutritional value of 335 kcal of energy and 9.6 grams of protein. Bivariate analysis using the *T-test-One Sample Test* and *Wilcoxon test*.

Results

The implementation of PMT-AS in the city of Solok runs well according to the central implementation guidelines. There was an increase in normal nutritional status from 74.7% to 84.3% and there was a decrease in thin nutrition cases from 21.4% to 14.3% and very thin from 2.9% to 1.4%. There is an increase in learning achievement from 76.0 to 77.0. Based on the results of statistical tests obtained results there are differences in nutritional status after the administration of PMT-AS with the acquisition of $p\text{-value} < 0.0001$ and there is a difference in learning achievement after the administration of PMT-AS with the acquisition of $p\text{-value} = 0.001$.

Conclusion

There is an influence of PMT-AS on nutritional status and learning achievement in elementary school students in Solok city in 2018. PMT-AS counseling is needed and the importance of breakfast to students in the class.

Bibliography : 41 (1990-2018)

Keywords : supplementary feeding of school children program, learning achievement, nutritional status