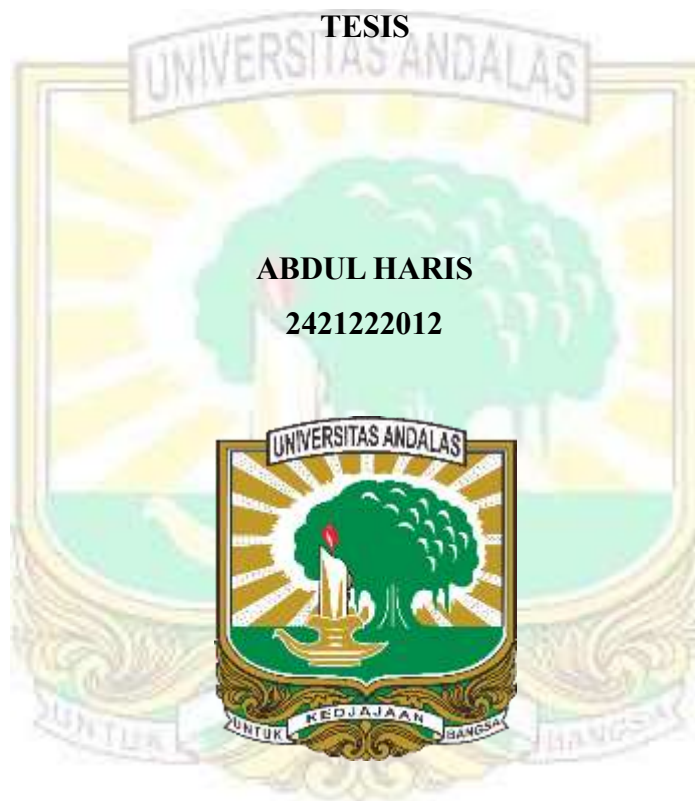


**ANALISIS DETERMINAN TINGKAT PRESTASI BELAJAR PADA SISWA
PENERIMA PROGRAM MAKANAN BERGIZI GRATIS
DI SMP KOTA PAYAKUMBUH TAHUN 2026**

TESIS

ABDUL HARIS

2421222012



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**PROGRAM STUDI MAGISTER ILMU GIZI
FAKULTAS KESEHATAN MASYARAKAT
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xii + 231 halaman, 52 tabel, 4 gambar, 15 lampiran

ABSTRAK

Tujuan Penelitian

Menganalisis determinan tingkat prestasi belajar pada siswa penerima Program Makanan Bergizi Gratis di SMP Kota Payakumbuh.

Metode

Penelitian menggunakan metode mixed methods dengan desain sequential explanatory. Tahap kuantitatif menggunakan pendekatan cross sectional pada 243 siswa kelas VIII SMP Negeri 4 dan SMP Negeri 6 Payakumbuh yang dipilih melalui proportional random sampling. Analisis data dilakukan secara univariat, bivariat menggunakan uji Chi-Square, dan multivariat menggunakan regresi logistik ganda. Tahap kualitatif dilakukan melalui wawancara mendalam dengan kepala sekolah, guru, pengelola MBG, dan siswa, kemudian dianalisis secara tematik.

Hasil

Hasil penelitian menunjukkan bahwa kehadiran siswa, asupan energi, asupan karbohidrat, dan asupan lemak berhubungan signifikan dengan tingkat prestasi belajar ($p < 0,05$). Sebaliknya, Status gizi, asupan protein, daya terima MBG, dan kebiasaan sarapan tidak menunjukkan hubungan yang signifikan ($p > 0,05$). Analisis multivariat menunjukkan bahwa kehadiran siswa merupakan faktor yang paling dominan berhubungan dengan tingkat prestasi belajar ($p = 0,003$; $POR = 21,820$; $CI95\% = 2,819 - 168,892$). Temuan kualitatif mengungkapkan bahwa MBG memberikan manfaat dalam meningkatkan kehadiran siswa, meskipun masih terdapat kendala terkait variasi menu dan distribusi makanan.

Kesimpulan

Kehadiran siswa merupakan determinan yang paling dominan terhadap tingkat prestasi belajar siswa penerima Program Makanan Bergizi Gratis (MBG) di Kota Payakumbuh. Program MBG berkontribusi positif dalam meningkatkan kehadiran dan motivasi belajar siswa, sehingga dapat mendukung pencapaian prestasi belajar yang lebih baik.

Daftar Pustaka : 79 (1976-2025)

Kata Kunci : Kehadiran siswa; Pola konsumsi; Prestasi belajar; Program Makanan Bergizi Gratis (MBG); Status gizi.

**FACULTY OF PUBLIC HEALTH ANDALAS
UNIVERSITY**

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**ANALYSIS DETERMINANTS OF ACADEMIC ACHIEVEMENT AMONG
STUDENTS RECEIVING THE FREE NUTRITIOUS MEAL PROGRAM IN
JUNIORHIGHSCHOOLSINPAYAKUMBUHCITY, 2026**

xii + 231 pages, 52 tables, 4 pictures, 15 attachments

ABSTRACT

Research Objectives

To analyze the determinants of academic achievement among students receiving the Free Nutritious Meal Program (MBG) in junior high schools in Payakumbuh City.

Methods

This study employed a mixed-methods approach with a sequential explanatory design. The quantitative phase used a cross-sectional approach involving 243 eighth-grade students from SMP Negeri 4 and SMP Negeri 6 Payakumbuh, selected through proportional random sampling. Data were analyzed using univariate analysis, bivariate analysis with the Chi-Square test, and multivariate analysis using multiple logistic regression. The qualitative phase was conducted through in-depth interviews with school principals, teachers, MBG program managers, and students, followed by thematic analysis.

Results

The results showed that student attendance, energy intake, carbohydrate intake, and fat intake were significantly associated with academic achievement ($p < 0.05$). In contrast, nutritional status, protein intake, acceptance of the MBG program meals, and breakfast habits were not significantly associated with academic achievement ($p > 0.05$). Multivariate analysis revealed that student attendance was the most dominant factor associated with academic achievement ($p = 0.003$; $POR = 21.820$; $95\% \text{ CI} = 2.819 - 168.892$). Qualitative findings indicated that the MBG program contributed to improving student attendance; however, challenges related to menu variation and food distribution were still identified.

Conclusion

Student attendance was the most dominant determinant of academic achievement among students receiving the Free Nutritious Meal Program (MBG) in Payakumbuh City. The MBG program positively contributes to improving student attendance and learning motivation, thereby supporting better academic achievement outcomes.

References : 79 (1976-2025)

Keywords : Academic achievement; Dietary intake; Free Nutritious Meal Program (MBG); Nutritional status; Student attendance.