



UNIVERSITAS ANDALAS

**HUBUNGAN STATUS GIZI, DAYA TERIMA, DAN KEPUASAN
KONSUMSI MENU MAKANAN BERGIZI GRATIS (MBG) DENGAN
PRESTASI AKADEMIK SISWA KELAS IV SDN 01 BANDAR BUAT
KOTAPADANG TAHUN 2026**

Oleh:

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**Diajukan Sebagai Salah Satu Syarat untuk Mendapatkan
Gelar Sarjana Gizi**

FAKULTAS KESEHATAN MASYARAKAT

UNIVERSITAS ANDALAS

PADANG, 2026

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Skripsi, Juli 2026

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KONSUMSI MENU MAKANAN BERGIZI GRATIS DENGAN PRESTASI
AKADEMIK SISWA KELAS IV SDN 01 BANDAR BUAT KOTA PADANG
TAHUN 2026**

xii + 99 halaman, 26 tabel, 3 gambar, 17 lampiran

ABSTRAK

Tujuan Penelitian

Penelitian ini bertujuan untuk mengetahui hubungan status gizi, daya terima, dan kepuasan konsumsi menu Makanan Bergizi Gratis (MBG) dengan prestasi akademik siswa kelas IV SDN 01 Bandar Buat Kota Padang Tahun 2026.

Metode

Penelitian ini menggunakan desain *cross-sectional*. Sampel penelitian berjumlah 59 siswa kelas IV SDN 01 Bandar Buat Kota Padang yang dipilih menggunakan teknik *simple random sampling*. Data dikumpulkan melalui pengukuran antropometri, observasi sisa makanan dengan metode Comstock, kuesioner kepuasan konsumsi menu, dan dokumentasi nilai Sumatif Tengah Semester (STS). Data dianalisis secara univariat dan bivariat menggunakan uji *Chi-Square* dan uji Fisher's Exact Test.

Hasil

Hasil penelitian menunjukkan bahwa 61,0% siswa memiliki status gizi normal, 62,7% memiliki daya terima menu MBG yang baik, 52,5% menyatakan tidak puas terhadap menu MBG, dan 79,7% memiliki prestasi akademik dalam kategori kurang. Tidak terdapat hubungan yang signifikan antara status gizi dengan prestasi akademik ($p = 1,000$), daya terima menu MBG dengan prestasi akademik ($p = 0,334$), maupun kepuasan konsumsi menu MBG dengan prestasi akademik ($p = 0,843$).

Kesimpulan

Tidak terdapat hubungan yang signifikan antara status gizi, daya terima menu, dan kepuasan konsumsi menu Makanan Bergizi Gratis (MBG) dengan prestasi akademik siswa kelas IV SDN 01 Bandar Buat Kota Padang.

Daftar Pustaka : 49 (2008–2026)

Kata Kunci : Daya Terima, Kepuasan Konsumsi, Makanan Bergizi Gratis, Prestasi Akademik, Status Gizi.

**FACULTY OF PUBLIC HEALTH
ANDALAS UNIVERSITY**

Undergraduate Thesis, July 2026

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**THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS, FOOD
ACCEPTABILITY, SATISFACTION WITH THE FREE NUTRITIOUS
MEAL PROGRAMME MENU (MBG), AND ACADEMIC ACHIEVEMENT
AMONG FOURTH-GRADE STUDENTS AT SDN 01 BANDAR BUAT,
PADANG CITY, 2026**

xii + 99 pages, 26 tables, 3 pictures, 17 appendices

ABSTRACT

Objective

This study aimed to determine the association between nutritional status, food acceptability, and satisfaction with the Free Nutritious Meals programme (MBG) menu and the academic achievement among fourth-grade students at SDN 01 Bandar Buat, Padang City, in 2026.

Methods

This study employed a cross-sectional design. A total of 59 fourth-grade students at SDN 01 Bandar Buat, Padang City, were selected using simple random sampling. Data were collected through anthropometric measurements, plate waste observation using the Comstock method, a food consumption satisfaction questionnaire, and documentation of Mid-Semester Summative Assessment (STS) scores. Data were analyzed using univariate and bivariate analyses with the *Chi-Square Test* and Fisher's Exact Test.

Results

The results showed that 61.0% of the students had normal nutritional status, 62.7% had good acceptability of the MBG menu, 52.5% were dissatisfied with the MBG menu, and 79.7% had poor academic achievement. There was no significant association between nutritional status and academic achievement ($p = 1.000$), food acceptability of the MBG menu and academic achievement ($p = 0.334$), or satisfaction with the MBG menu and academic achievement ($p = 0.843$).

Conclusion

Nutritional status, food acceptability, and satisfaction with the Free Nutritious Meals Programme (MBG) menu were not significantly associated with the academic achievement of fourth-grade students at SDN 01 Bandar Buat, Padang City.

References : 49 (2008–2026)

Keywords : Academic Achievement, Food Acceptability, Free Nutritious Meals Programme, Nutritional Status, Satisfaction with Food Consumption.

