



UNIVERSITAS ANDALAS

**FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KEPUTUSAN
ORANG TUA DALAM MENGIZINKAN ANAK MENGIKUTI
PROGRAM MAKAN BERGIZI GRATIS DI RAUDHATUL
ATHEAL ASHHABUL KAHFI KOTA PADANG**

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FAKULTAS KESEHATAN MASYARAKAT

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xv + 229 halaman, 42 tabel, 10 gambar, 10 lampiran

ABSTRAK

Tujuan Penelitian

Program Makan Bergizi Gratis (MBG) merupakan upaya pemerintah dalam meningkatkan status gizi anak sekolah, namun 60% orang tua di RA Ashhabul Kahfi tidak mengizinkan anak mengikuti program MBG. Penelitian ini perlu dilakukan untuk mengetahui faktor-faktor yang berhubungan dengan keputusan orang tua dalam mengizinkan anak mengikuti Program MBG di RA Ashhabul Kahfi Kota Padang

Metode

Jenis penelitian kuantitatif dengan desain cross sectional. Sampel berjumlah 72 orang tua menggunakan teknik total sampling. Penelitian dilaksanakan pada bulan Desember 2025 – Juli 2026. Pengumpulan data dilakukan melalui kuesioner. Analisis data dilakukan secara univariat, bivariat menggunakan uji Chi-Square, dan multivariat menggunakan regresi logistik berganda.

Hasil

Sebanyak 45,8% orang tua tidak mengizinkan anak mengikuti Program MBG. Terdapat hubungan signifikan antara sikap, paparan informasi, dan dukungan teman dengan keputusan orang tua dalam mengizinkan anak mengikuti Program MBG ($p < 0,05$). Tidak terdapat hubungan antara pengetahuan, pendidikan, pendapatan, dan dukungan guru dengan keputusan orang tua ($p > 0,05$). Hasil analisis multivariat menunjukkan sikap merupakan faktor paling dominan berhubungan dengan keputusan orang tua dengan nilai POR sebesar 68,881.

Kesimpulan

Sikap orang tua masih meragukan keamanan Program Makan Bergizi Gratis dan lebih mempercayai makanan dari rumah. Sekolah perlu melibatkan ahli gizi dan mengadakan pertemuan rutin dengan orang tua untuk meningkatkan kepercayaan terhadap program.

Daftar Pustaka : 50 (1980–2026)

Kata Kunci : Makan Bergizi Gratis, Keputusan orang tua, Sikap, Paparan Informasi, Dukungan Teman

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**FACTORS ASSOCIATED WITH PARENTS' DECISIONS TO ALLOW
THEIR CHILDREN TO PARTICIPATE IN THE FREE NUTRITIOUS MEAL
PROGRAM AT RAUDHATUL ATHFAL ASHHABUL KAHFI IN PADANG
CITY**

xv + 229 pages, 42 tables, 10 figures, 10 appendices

ABSTRACT

Objectives

The Free Nutritious Meals Program (MBG) is a government initiative aimed at improving the nutritional status of school-aged children; however, 60% of parents at RA Ashhabul Kahfi do not allow their children to participate in the MBG program. This study was conducted to identify the factors associated with parents' decisions to allow their children to participate in the MBG program at RA Ashhabul Kahfi in Padang City.

Methods

This was a quantitative study with a cross-sectional design. The sample consisted of 72 parents selected using total sampling. The study was conducted from December 2025 to July 2026. Data were collected via a questionnaire. Data analysis was performed using univariate and bivariate analyses with the Chi-Square test, as well as multivariate analysis using multiple logistic regression.

Results

A total of 45.8% of parents did not allow their children to participate in the MBG Program. There was a significant association between parents' attitudes, exposure to information, and peer support and their decision to allow their children to participate in the MBG Program ($p < 0.05$). There was no association between parents' knowledge, education level, income, and teacher support and their decision ($p > 0.05$). Multivariate analysis results show that attitude is the most dominant factor associated with parents' decisions, with a POR value of 68,881.

Conclusion

Parents remain skeptical about the safety of the Free Nutritious Meals Program and place more trust in food prepared at home. Schools need to involve nutritionists and hold regular meetings with parents to build trust in the program.

References : 50 (1980–2026)

Keywords : Free Nutritious Meals, parental permission decision, Attitude, Information Exposure, Peer Support