

## ABSTRAK

Obesitas adalah suatu keadaan dimana berat badan berada pada tingkat di atas normal relatif seseorang yang diakibatkan oleh penumpukan zat gizi yaitu, karbohidrat, protein dan lemak. Faktor utama terjadinya obesitas adalah konsumsi makanan berlebih yang mengakibatkan kalori berlebih dengan pengeluaran energi rendah. Tujuan dari penelitian ini adalah untuk mengetahui proporsi obesitas serta hubungan asupan nutrisi dengan obesitas di kalangan anak Sekolah Dasar di Kota Yogyakarta. Jenis penelitian yang dilakukan ialah observasional analitik dengan pendekatan *cross sectional*. Pengambilan sampel dilakukan dengan *cluster random sampling*. Responden penelitian adalah siswa SD kelas IV dan V sebanyak 193 siswa. Pengukuran dilakukan dengan mengukur *Body Mass Index* (BMI) meliputi pengukuran tinggi badan (cm) dan berat badan (kg) kemudian dikonservasikan pada nilai persentile berdasarkan kategori CDC. Dilakukan pengisian kuisioner untuk mendapatkan informasi dan keterangan responden mengenai asupan nutrisi yang mereka konsumsi per hari. Kuisioner berdasarkan pedoman *Semi Quantitative Food Frequency Questionnaire* (SQFFQ). Variabel terikat yaitu status obesitas, variabel bebas yaitu asupan nutrisi dan energi yang dihasilkan. Kedua variabel tersebut diolah menggunakan program statistika. Metode analisis data menggunakan Uji *Gamma*. Hasil penelitian menunjukkan proporsi obesitas sebesar 17,1%. Hasil Uji *Gamma* terdapat hubungan yang signifikan antara asupan nutrisi dengan obesitas dilihat dari nilai  $p < 0,05$  pada kelompok laki-laki dengan kategori energi yang dihasilkan ( $p=0,001$ ), asupan karbohidrat ( $p=0,000$ ), asupan protein ( $p=0,007$ ), dan asupan lemak ( $p=0,000$ ) juga pada kelompok perempuan kategori asupan karbohidrat ( $p=0,020$ ), asupan protein ( $p=0,006$ ), dan asupan lemak ( $p=0,037$ ).

**Kata kunci :** Obesitas, asupan nutrisi dan sekolah dasar.

## ABSTRACT

Obesity is a condition which body weight was above normal relative caused by the excessive intake of nutrients; carbohydrate, protein and fat. The main factor of obesity is the excessive food consumption which results in excess calories with low energy expenditure. The purpose of this study was to determine the proportion of obesity and the relationship between nutrition intake and obesity among elementary school children in the city of Yogyakarta. The type of the conducted research was *observational analytics with cross sectional* approach. Sampling was done by *cluster random sampling*. The respondents are students of grade IV and V as many as 196 students. Measurements were done by measuring *Body Mass Index (BMI)* including measurement of height (cm) and weight (kg) and then conserved on percentile value by CDC. Questionnaires were filled to obtain information and description of the respondents about their daily nutritional intake. The questionnaires based on *Semi Quantitative Food Frequency Questionnaire (SQFFQ)* guideline. The dependent variable is the obesity status, the independent variable is the nutrition intake and energy which produced by nutrition. Those two variables were processed using statistical program. *Gamma Test* was used to analyze the data. The results showed the proportion of obesity occurred in 17%. There was a significant correlation between nutrient intake and obesity seen from the value of  $p < 0,05$  in the male group with energy which produced by nutrition ( $p=0,001$ ), carbohydrate intake ( $p = 0,000$ ), protein intake ( $p = 0,007$ ), fat intake ( $p = 0,000$ ) and in the female group with carbohydrate intake ( $p = 0,020$ ), protein intake ( $p = 0,006$ ), fat intake ( $p = 0,037$ ).

**Keywords:** Obesity, nutrient intake and primary school.

