

**HUBUNGAN JENIS KELAMIN DAN PERSEPSI KUALITAS MAKAN
SIANG TERHADAP STATUS GIZI SISWA
DI SDN RAMBUTAN 03 PAGI
TAHUN 2025**

Ghibran Surya Wisanggeni

Program Studi S1 Gizi, Fakultas Kesehatan, Universitas Mohammad Husni
Thamrin

(Email: wisanggeni2499@gmail.com)

ABSTRAK

Bertujuan untuk menganalisis hubungan antara jenis kelamin dan persepsi kualitas makan siang (warna, porsi, variasi, dan rasa) dengan status gizi siswa kelas V di SDN Rambutan 03 Pagi. Dengan menggunakan desain kuantitatif dan pendekatan cross-sectional dengan jumlah populasi 60 siswa. Sampel dari 57 siswa yang tidak memenuhi kriteria 3 siswa dan dipilih melalui teknik total sampling. Variabel yang diteliti meliputi jenis kelamin, persepsi kualitas makan siang, dan status gizi yang diukur menggunakan Indeks Massa Tubuh menurut Umur (IMT/U). Analisis data dilakukan secara univariat dan bivariat dengan uji chi-square. Sebagian besar siswa memiliki persepsi positif terhadap makan siang yang disajikan, dengan mayoritas menilai warna menarik (75,4%), porsi sesuai (68,4%), variasi cukup (77,2%), dan rasa enak (68,4%). Status gizi menunjukkan 61,4% siswa dalam kategori baik dan 38,6% dalam kategori kurang. Hasil menunjukkan tidak terdapat hubungan signifikan antara jenis kelamin maupun persepsi kualitas makan siang dengan status gizi ($p > 0,05$). Meskipun begitu persepsi siswa terhadap makan siang umumnya baik, faktor tersebut tidak berhubungan langsung dengan status gizi. Sebagai tindak lanjut, penelitian ini menyarankan agar sekolah dan penyedia katering melakukan evaluasi berkala terhadap menu makan siang, tidak hanya dari segi penampilan dan rasa, tetapi juga dari kecukupan gizi sesuai standar Angka Kecukupan Gizi (AKG). Selain itu, keterlibatan orang tua dalam mendukung pola makan sehat di rumah perlu diperkuat, sehingga program makan siang di sekolah dapat berfungsi sebagai pelengkap, bukan satu-satunya sumber gizi anak.

Kata kunci: jenis kelamin; persepsi makan siang, warna, porsi, variasi, rasa, status gizi

THE RELATIONSHIP BETWEEN SEX AND PERCEPTION OF LUNCH QUALITY ON STUDENT NUTRITIONAL STATUS AT SDN RAMBUTAN 03 PAGI YEAR 2025

Ghibran Surya Wisanggeni

¹Study Program of Nutrition, Faculty of Health, Mohammad Husni Thamrin University
(Email: wisanggeni2499@gmail.com)

ABSTRACT

The objective is to analyze the relationship between gender and the perception of lunch quality (color, portion, variety, and taste) with the nutritional status of grade V students at SDN Rambutan 03 Morning. Using a quantitative design and a cross-sectional approach with a population of 60 students. The sample of 57 students who did not meet the criteria of 3 students were selected through total sampling. The variables studied included gender, perception of lunch quality, and nutritional status measured using the Body Mass Index by Age (BMI/U). Data analysis was carried out univariate and bivariate with chi-square test. Most students had a positive perception of the lunch served, with the majority rating the color attractive (75.4%), the appropriate portions (68.4%), the sufficient variety (77.2%), and the taste (68.4%). Nutritional status showed 61.4% of students in the good category and 38.6% in the poor category. The results showed that there was no significant relationship between gender and perception of lunch quality and nutritional status ($p > 0.05$). Even so, students' perception of lunch is generally good, these factors are not directly related to nutritional status. As a follow-up, this study suggests that schools and catering providers conduct periodic evaluations of the lunch menu, not only in terms of appearance and taste, but also in terms of nutritional adequacy according to the Nutritional Adequacy Score (AKG) standard. In addition, parental involvement in supporting healthy eating at home needs to be strengthened, so that school lunch programs can serve as a complement, not the only source of children's nutrition.

Keywords: gender; Perception of lunch, color, portion, variety, taste, nutritional status