

ABSTRAK

Judul: Faktor Dominan yang Berhubungan dengan Status Gizi Anak Sekolah Dasar Kelas 5 di SD X Jakarta

Latar Belakang: Status gizi anak dipengaruhi oleh berbagai faktor, termasuk aktivitas fisik, perilaku sedenter, dan penggunaan gawai. Peningkatan perilaku sedenter dan penggunaan gawai yang tinggi berpotensi meningkatkan risiko gizi lebih pada anak sekolah dasar.

Metode: Penelitian ini menggunakan desain *cross-sectional* dengan sampel 96 siswa kelas 5 SD X Jakarta. Data dikumpulkan melalui kuesioner PAQ-C (*Physical Activity Questionnaire for Older Children*) dan ASAQ (*Adolescent Sedentary Activities Questionnaire*), serta pengukuran antropometri untuk menentukan status gizi. Analisis data dilakukan secara univariat dan bivariat menggunakan *chi-square* dan *odds ratio* (OR) dengan tingkat signifikansi $p < 0,05$.

Hasil: Hasil univariat menunjukkan 48 siswa (50,0%) memiliki status gizi normal, dan 48 siswa (50,0%) memiliki gizi lebih. Aktivitas fisik tinggi hanya dimiliki 5 siswa (5,2%), sedangkan aktivitas fisik sedang dan rendah masing-masing 51 siswa (53,1%) dan 40 siswa (41,7%). Sebagian besar siswa memiliki penggunaan gawai tinggi, yakni 76 siswa (79,2%). Analisis bivariat menunjukkan aktivitas fisik tidak berhubungan signifikan dengan status gizi ($p = 0,860$; OR = 1,064; 95% CI: 0,533–2,123). Perilaku sedenter menunjukkan hubungan signifikan dengan status gizi ($p = 0,025$; OR = 0,360; 95% CI: 0,158–0,823), sedangkan penggunaan gawai tinggi terkait dengan peluang gizi lebih yang lebih rendah ($p = 0,006$; OR = 0,182; 95% CI: 0,056–0,596).

Kesimpulan: Status gizi siswa kelas 5 SD X Jakarta terbagi seimbang antara normal dan gizi lebih. Faktor yang berhubungan dengan status gizi siswa adalah jenis kelamin, perilaku sedenter, dan penggunaan gawai, sedangkan pendidikan dan status kerja ibu serta aktivitas fisik tidak berhubungan.

Rekomendasi: Penelitian selanjutnya perlu melibatkan sampel lebih besar, mempertimbangkan faktor lain (asupan makanan, stres, pola tidur), serta memperbaiki instrumen melalui modifikasi pertanyaan dan penegasan cara pengisian. Sekolah dan orang tua diharapkan meningkatkan pengawasan gawai, mendorong aktivitas fisik, dan mengedukasi pola makan sehat.

Kata kunci: aktivitas fisik, perilaku sedenter, penggunaan gawai, status gizi, anak sekolah dasar

ABSTRACT

Title: Dominant Factors Associated with the Nutritional Status of Fifth-Grade Elementary School Students at X Elementary School, Jakarta

Background: Children's nutritional status is influenced by various factors, including physical activity, sedentary behavior, and device usage. Increased sedentary behavior and high device use may increase the risk of overweight among elementary school students.

Methods: This study employed a cross-sectional design with a sample of 96 fifth-grade students at SD X Jakarta. Data were collected using questionnaires: PAQ-C (Physical Activity Questionnaire for Older Children) and ASAQ (Adolescent Sedentary Activities Questionnaire), along with anthropometric measurements to determine nutritional status. Data were analyzed using univariate and bivariate analyses with chi-square tests and odds ratios (OR), with a significance level of $p < 0.05$.

Results: Univariate analysis showed that 48 students (50.0%) had normal nutritional status, and 48 students (50.0%) were overweight. High physical activity was observed in only 5 students (5.2%), while moderate and low physical activity were found in 51 students (53.1%) and 40 students (41.7%), respectively. Most students had high screen time, totaling 76 students (79.2%). Bivariate analysis indicated that physical activity was not significantly associated with nutritional status ($p = 0.860$; OR = 1.064; 95% CI: 0.533–2.123). Sedentary behavior was significantly associated with nutritional status ($p = 0.025$; OR = 0.360; 95% CI: 0.158–0.823), while high screen time was associated with a lower likelihood of being overweight ($p = 0.006$; OR = 0.182; 95% CI: 0.056–0.596).

Conclusion: The nutritional status of 5th-grade students at SD X Jakarta was evenly distributed between normal and overweight. Factors associated with nutritional status included gender, sedentary behavior, and screen time, whereas maternal education, maternal employment status, and physical activity showed no significant association.

Recommendation: Future studies should involve larger and more diverse samples, take into account additional factors such as dietary intake, stress, and sleep patterns, and improve the instrument through question modification and clearer instructions for completion. Schools and parents are encouraged to enhance supervision of gadget use, promote physical activity, and provide education on healthy eating habits.

Keywords: physical activity, sedentary behavior, gadget use, nutritional status, elementary school children