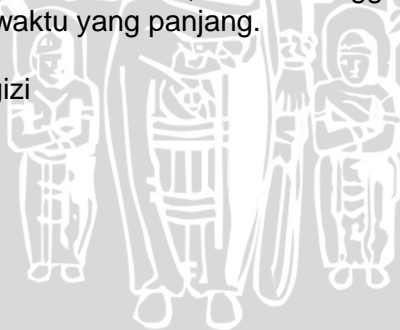


## ABSTRAK

Mulyani,Sri.2015.Pengaruh Konsumsi *Fast Food* Terhadap Status Gizi Anak Didik TK Tunas Karya Warulor Pekalongan.Tugas Akhir, Program Studi Ilmu Gizi Fakultas Kedokteran Universitas Brawijaya.Pembimbing:(1)Dr.dr.Endang Sri Wahyuni,MS.(2) Catur Saptaning Wilujeng,S.Gz.MPH.

Dalam menentukan keberhasilan pembangunan diperlukan peningkatan kualitas sumber daya manusia,dimana status gizi anak sejak dini sebagai sumber potensi penerus pembangunan.Salah satu faktor yang mempengaruhi status gizi adalah konsumsi makanan seperti konsumsi *fast food*. Penelitian ini bertujuan untuk mengetahui pengaruh konsumsi *fast food* terhadap status gizi anak didik Taman Kanak – Kanak Tunas Karya Warulor Pekalongan. Rancangan penelitian ini merupakan studi *crosssectional* dimana semua data dari setiap subjek dikumpulkan dalam waktu yang bersamaan dan berdasarkan jenisnya penelitian bersifat *observasional analitik*. Pengambilan sampel dilakukan dengan teknik *total sampling*.Jumlah subjek dalam penelitian ini sebanyak 47 anak.Untuk uji analisis menggunakan uji statistik *chi square*. Hasil penelitian dari 47 anak menunjukkan bahwa terdapat anak dengan status gizi normall sebanyak 39 anak (83.0%) dan gemuk sebanyak 8 anak (17.0%). Anak dengan konsumsi *fast food* sering sebanyak 17 anak (36.2%) dan konsumsi *fast food* jarang sebanyak 30 anak (63.8%). Hasil uji statistik *chi square* diperoleh nilai signifikannya sebesar 0.012 ( $p<0,05$ ). Kesimpulan yang dapat diambil adalah terdapat pengaruh konsumsi *fast food* terhadap status gizi lebih anak didik TK Tunas Karya Warulor Pekalongan. Perlu dilakukan penelitian lebih lanjut mengenai faktor-faktor yang mempengaruhi status gizi anak seperti aktivitas fisik,social ekonomi dan lain-lain, serta menggunakan desain penelitian yang berbeda dalam jangka waktu yang panjang.

Kata Kunci: *fast food*,status gizi



## ABSTRACT

Mulyani,Sri.2015.*The Effect of Fast Food Consumption on Nutritional Status Overweight of Kindergarten Student at Tunas Karya Kindergarten Warulor Pekalongan.*Final Project,Department of Nutritional Sciences Faculty of Medicine, University of Brawijaya. Advisor: (1) Dr.dr. Endang Sri Wahyuni,MS.(2) Catur Saptaning Wilujeng,S.Gz.MPH.

The improvement of human resources quality is required to determine the succes of development, where the nutritional status of children from an early age as a potential source of development successor. One of the factors that influences nutritional status is the consumption of food such as fast food. This study aimed to determine the effect of fast food consumption on nutritional status of kindergarten students at Tunas Karya Kindergarten Warulor Pekalongan.

This is cross-sectional observational study which all data is collected from each subject at the same time, and this study was an observational analytic based on its type. Sampling was performed with a total sampling technique. The number of subjects in this study were 47 children. For test analysis using the chi square test. Research result of 47 children showed that there are 8 children (17.0%) with normal nutritional status and obese children as many as 39 children (83.0%). Children who are often consume fast food as much as 17 children (36.2%) and children who rarely eat fast food as much as 30 children (63.8%). The results of the chi-square test statistic obtained significant value of 0.012 ( $p < 0.05$ ). the conclusion is there are influence of fast food on the nutritional status of children. Further research is needed on the factors that influence the nutritional status of children, such as physical activity, socio economic, and others, as well using different research designs a long time.

Keyword : fast food, Nutritional status