

# GAMBARAN STATUS GIZI ANAK KELAS VI DI SEKOLAH DASAR MIFTAKHUL ULUM SURABAYA

**Novera Herdiani, Wiwik Afridah**

Fakultas Kesehatan Universitas Nahdlatul Ulama Surabaya

e-mail: novera.herdiani@unusa.ac.id

**Abstract:** Background, nutritional status is a description of balance between the need of nutrients for keeping a good life, to maintenance normal body function also energy production in one side and the consumption of nutrients in the other. Children in elementary school are the best target for improvement of community nutrition because in the childhood the function of the brain organ began to form so the development of intelligence is quite rapid. Lack of nutritional intake in children can inhibit the physical growth and thinking ability in children and subsequently reduce in learning interest. Therefore the nutritional status of the children must detect immediately to carry out the preventive measurements. Objective, the purpose of this study is to know the nutritional status of children at grade VI in elementary school Miftakhul Ulum Surabaya based on height and weight. Methods, this study is a quantitative descriptive using survey method, weighting index instrument by height in children aged 6–17 years old from Health Department in 2011. This study used the measurement of body weight and height. Subjects of this study were all students at grade VI in elementary school Miftakhul Ulum Surabaya, which amount 81 children. Data collecting techniques use anthropometric measurements which include measurement of body weight and height then calculated base of data analysis techniques using quantitative descriptive with percentage. Result, study results showed most of the students were 12 years old (56.80%), mostly male (55.60%). most of them have body height 130–140 cm (37.00%), and body weight 31–40 kg (46,90%). Male children have more problems with their nutritional status (51.10%). Male children much often have underweight and over weight (13.30%) than girls. By the increasing their age, their BMI will be normal category (100%). By the age of 13 and 14 years old, the children will not have underweight (0%). Conclusion, based on the nutritional status of all children at grade VI, it can be concluded that the nutritional status of children at grade VI in elementary school Miftakhul Ulum Surabaya is in underweight category (very thin and lean) with percentage 56.80%. While the normal weight percentage 32.10%, and over weight (fat and obesity) with percentage 11.10%.

**Keywords:** nutritional status, children at grade VI, elementary school

## PENDAHULUAN

Pencapaian pembangunan kesehatan dinilai dengan derajat kesehatan masyarakat. Derajat kesehatan digambarkan dengan situasi mortalitas, morbiditas, dan status gizi masyarakat. Ketidakseimbangan gizi dapat menurunkan kualitas SDM. Gizi yang baik akan menghasilkan SDM yang berkualitas yaitu sehat, cerdas dan memiliki fisik yang tangguh serta produktif (Departemen Gizi dan Kesehatan Masyarakat, 2013). Perbaikan gizi diperlukan mulai dari masa kehamilan,

bayi dan anak balita, prasekolah, anak usia sekolah dasar, remaja dan dewasa, sampai usia lanjut (Gibson RS, 2005). Anak sekolah dasar merupakan sasaran strategis dalam perbaikan gizi masyarakat karena pada masa anak fungsi organ otak mulai terbentuk mantap sehingga perkembangan kecerdasan cukup pesat. Anak Sekolah Dasar (SD) adalah anak usia 6–12 tahun (Depkes, 2011).

Pertumbuhan dan perkembangan anak sangat membutuhkan gizi yang cukup agar tidak