

**HUBUNGAN ANTARA STATUS GIZI DENGAN PRESTASI AKADEMIK
ANAK USIA SEKOLAH DI SD NEGERI BANJARDAWA 02
KECAMATAN TAMAN PEMALANG**

INTISARI

Latar Belakang: Status gizi adalah kondisi tubuh yang berhubungan dengan pengkonsumsian dan penggunaan nutrisi yang diperoleh tubuh dari makanan. Nutrisi ini penting bagi perkembangan dan kecerdasan anak. Nutrisi digunakan dalam proses metabolisme otak untuk menstimulasi kerja neurotransmitter sebagai pembawa pesan kimia. Hal ini penting untuk meningkatkan intelegensi anak, terutama fungsi memori terhadap mata pelajaran yang diterima di sekolah. Perkembangan otak yang baik ditunjang gizi seimbang memberikan perubahan kognitif anak, salah satunya adalah meningkatnya prestasi akademik.

Tujuan: Untuk identifikasi adanya hubungan antara status gizi dengan prestasi anak usia sekolah di SD Negeri Banjardawa 02 Taman Pemalang.

Metode: Penelitian ini berbentuk *cross sectional* dengan rancangan deskriptif analitik. Populasi dalam penelitian ini adalah seluruh siswa kelas 4 dan kelas 5 SD Negeri Banjardawa 02 Taman Pemalang. Sampel penelitian dipilih melalui metode total sampling. Analisis data menggunakan *SPSS 19.0*

Hasil: Dari 107 subjek yang masuk dalam penelitian 11 anak dinyatakan gizi kurang dengan nilai akademik baik, 86 anak gizi normal dengan nilai baik, 8 anak gizi normal dengan nilai kurang dan 2 gizi lebih dengan nilai akademik baik. Dari analisis terhadap data didapatkan nilai $p=1$ untuk uji *Fisher*, $p=0,454$, $r=0,073$ untuk uji korelatif Spearman.

Simpulan: Tidak ada hubungan bermakna secara statistik antara status gizi dengan prestasi akademik anak.

Kata Kunci: Status gizi, prestasi akademik, anak usia sekolah

**RELATIONSHIP BETWEEN NUTRITION STATUS WITH ACADEMIC
PERFORMANCE OF SCHOOL AGE CHILDREN IN SD BANJARDAWA
02 TAMAN PEMALANG**

ABSTRACT

Background: Nutritional status was a condition which associated with consumption and used the nutrients that obtained from food. These nutrients was important for the development and intelligence in children. Nutrition was used in the metabolic processes of the brain to stimulate neurotransmitter as chemical messengers. It was important to improve the intelligence of children, especially memory function for remembering subjects who received at school. Good brain development was supported by good nutrients providing child cognitive changes, including to increase academic achievement.

Purpose: To identify the relationship between nutritional status with school-age children's academic performance in SD Banjardawa 02 Taman Pemalang.

Method: This research used an analytical descriptive design and cross sectional study. The population in this study was all children who had in 4th grade and 5th grade. Study sample selected with total sampling method. Data analysis was performed with SPSS 19.0.

Result: From the 107 subjects who entered the study, 11 children were found under nutrition with good academic performance, 86 children were found good nutrition with good academic performance, 8 children were found good nutrition with low grade in academic performance and the 2 children were found overnutrition with good academic performance . From the analysis of the data, it obtained $p=1$ for Fisher test, and $p=0,454$, $r= 0,073$ for correlative Spearman's test.

Conclusion: There was no significant relationship statistically between nutrition status and academic performance of children in primary school.

Keyword: Nutritional status, academic performance, school-age children.