

**Hubungan Konsumsi Makanan Berisiko Dengan Status Gizi Pada Kelompok Usia Prasekolah
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ABSTRAK

Latar belakang : Masa prasekolah merupakan periode pertumbuhan yang pesat dan membutuhkan asupan nutrisi yang seimbang untuk mendukung perkembangan optimal. Berdasarkan data RISKESDAS 2018, prevalensi *wasting* pada anak usia 0-59 bulan di Jawa Tengah sebesar 5,8%, sementara *overweight* dan obesitas mencapai 7,6%. Masalah gizi tetap ada, terutama dengan meningkatnya konsumsi makanan berisiko seperti makanan tinggi gula, garam, dan lemak.

Tujuan : Mengidentifikasi dan menganalisis hubungan antara konsumsi makanan berisiko dengan status gizi pada kelompok usia prasekolah.

Metode : Penelitian ini merupakan studi analitik observasional dengan desain *cross-sectional* yang dilakukan di KB TK At-Tiin, Semarang, pada Juli–Agustus 2024. Sampel penelitian berjumlah 66 anak usia 3–6 tahun, yang dipilih menggunakan teknik *purposive sampling*. Data dikumpulkan melalui wawancara berupa kuesioner konsumsi makanan berisiko. Pengukuran antropometri secara langsung menggunakan timbangan berat badan dan *microtoise*. Analisis statistik dilakukan dengan uji Chi-Square dan regresi logistik ganda menggunakan SPSS untuk mengetahui hubungan antara konsumsi makanan berisiko dengan status gizi anak prasekolah.

Hasil : Hasil penelitian menunjukkan bahwa dari 66 anak usia 3–6 tahun yang diteliti, 41 anak (62,1%) memiliki status gizi baik, 19 anak (28,8%) mengalami gizi lebih, dan 6 anak (9,1%) mengalami gizi kurang. Uji Chi-Square terdapat hubungan antara bumbu penyedap dengan status gizi indeks BB/U. Analisis multivariat dengan menggunakan regresi logistik menunjukkan bahwa tidak ada hubungan signifikan antara konsumsi makanan berisiko dengan status gizi ($p > 0,05$).

Simpulan : Terdapat hubungan yang signifikan antara konsumsi makanan berisiko jenis bumbu penyedap dengan status gizi indeks BB/U.

Kata kunci : Anak prasekolah, konsumsi makanan berisiko, status gizi, gizi kurang, gizi lebih

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**The Relationship Between Risky Food Consumption and Nutritional Status in the Preschool Age Group
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ABSTRACT

Background: Preschool age is a period of rapid growth that requires a balanced nutritional intake to support optimal development. According to the 2018 RISKESDAS data, the prevalence of wasting among children aged 0–59 months in Central Java was 5.8%, while overweight and obesity reached 7.6%. Nutritional issues persist, especially with the increasing consumption of high-risk foods such as those high in sugar, salt, and fat.

Objective: To identify and analyze the relationship between high-risk food consumption and nutritional status in preschool-aged children.

Methods: This study was an analytical observational study with a cross-sectional design conducted at KB TK At-Tiin, Semarang, from July to August 2024. The study involved 66 children aged 3–6 years, selected using purposive sampling. Data were collected through interviews using a high-risk food consumption questionnaire. Anthropometric measurements were taken directly using a weight scale and microtoise. Statistical analysis was performed using the Chi-Square test and multiple logistic regression with SPSS to determine the relationship between high-risk food consumption and preschool children's nutritional status.

Results: The research results show that out of 66 children aged 3–6 years studied, 41 children (62.1%) had good nutritional status, 19 children (28.8%) were overnourished, and 6 children (9.1%) were undernourished. The Chi-Square test indicated a relationship between seasoning consumption and nutritional status based on the weight-for-age index (BB/U). However, multivariate analysis using logistic regression showed no significant association between the consumption of high-risk foods and nutritional status ($p > 0.05$).

Conclusion: There is a significant relationship between the consumption of high-risk seasoning-type foods and nutritional status based on the weight-for-age index (BB/U).

Keywords : Preschool children, risky food consumption, nutritional status, undernutrition, overnutrition.

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