INTISARI

Status gizi mencerminkan cukup tidaknya konsumsi zat gizi masa-masa sebelumnya. Anak yang kurang gizi mengalami retardasi 20 – 30% dibandingkan anak yang bergizi baik-baik. Bila hal ini tidak segera ditangani akan terjadi proses degradasi kualitas sumber daya manusia yang bermuara pada hilangnya satu generasi penerus bangsa. Tujuan penelitian ini adalah untuk mengetahui pengaruh gizi terhadap tingkat kecerdasan anak sekolah dasar di daerah desa-kota. Status gizi diukur dari kadar protein total dan kebiasaan makan pagi, tingkat kecerdasan ditentukan dengan tes IQ. Jenis penelitian yang digunakan adalah penelitian observasional analitik. Subyek penelitian adalah sebanyak 32 siswa Sekolah Dasar Negeri Jageran Panggungharjo, Bantul.

Hasil pengukuran protein total diperoleh kadar terendah 6,4 g/dl dan tertinggi 8,1 g/dl, semua berada dalam batas normal. Hasil pengukuran tingkat kecerdasan (IQ) diperoleh skor perolehan nilai terendah 163 dan tertinggi 338. Hasil kuesioner kebiasaan makan pagi diperoleh hasil 78,13% anak selalu makan pagi, 12,5% anak mempunyai kebiasaan makan pagi yang kadang-kadang dan 9,38% anak mempunyai kebiasaan tidak makan pagi. Selanjutnya hasil pengukuran protein total dibagi 3 kelompok: kelompok 1 (>7 g/dl) diperoleh skor IQ $270,90 \pm 42,90$, kelompok 2 ($6,6 \leq 7$ g/dl) diperoleh skor IQ $252,66 \pm 47,74$ dan kelompok 3 ($< 6,6$ g/dl) diperoleh skor IQ $236,40 \pm 64,68$. Kelompok anak yang selalu makan pagi diperoleh skor IQ $258,64 \pm 50,736$, kelompok anak yang kadang-kadang makan pagi diperoleh skor IQ $260,50 \pm 14,06$ dan kelompok anak yang tidak makan pagi diperoleh skor IQ $203 \pm 51,098$.

Hasil analisis Korelasi Pearson antara kadar protein total terhadap tingkat kecerdasan diperoleh $r = 0,273$ $p = 0,145$ artinya terdapat korelasi positif yang tidak bermakna pada $p \leq 0,05$. Demikian halnya dengan hasil analisis Korelasi Pearson antara kebiasaan makan pagi terhadap tingkat kecerdasan diperoleh

ABSTRACT

Status of nutrition represented how much consumption of nutrition before. Child in deficiency experienced retardation approximately 20 – 30 percents compare to child who had well nutrition. If it had not managed soon it would be degradation country. Aim of this researc was to know and examine influence of nutrition toward intelligence level on elementary school child in region of both urban and village. Nutrition status is measured of total blood protein level and breakfast habit, intelligence level is determined by IQ test. The examination type that has been used is observasional analytic. Subject of this research was about 32 elementary students in State Elementary School Jageran Panggungharjo, Bantul.

Result of measurement on total protein was obtained that lowest was 6,4 g/dl and the highest was 8,1 g/dl, all existed on normal level. Result of intelligence test (IQ) was obtained the lowest was 163 and the highest was 338. Result of breakfast habit questionnaire was taken 78,13% of children used to get their breakfast, 12,5% of children had sometimes getting their breakfast, and 9,38% of children had no habit. Next, result of measurement on total protein comprised in to three groups: group 1 (above 7 g/dl) was obtained that the IQ score was $270,90 \pm 42,90$, group 2 (between 6,6 and 7 g/dl) was $252,66 \pm 47,74$ on IQ score, and group 3 (less than 6,6 g/dl) had IQ score of $236,40 \pm 64,68$. Children group that used to get breakfast was obtained IQ score of $258,64 \pm 50,736$, group that sometime get a breakfast with IQ score of $260,50 \pm 14,06$ and group that children had no breakfast was obtained of $203 \pm 51,098$ on IQ score.

Result of analysis that Pearson Correlation between total protein and intelligence level was obtained $r = 0,273$ $p = 0,145$ means that there was not significantly positive correlation on level $p \le 0,05$. Also, in result of Pearson correlation analysis between breakfast habit and intelligence level, it was obtained $r = 0,279$ $p = 0,121$ means that there was not significantly positive correlation on level $p \le 0,05$.

Keywords : *nutrition – intelligence level*