ABSTRACT

THE RELATIONSHIP OF ENERGY INTAKE, PROTEIN INTAKE AND NUTRITIONAL STATUS WITH THE LEARNING ACHIEVEMENT IN ELEMENTARY SCHOOL 2 KETEGUHAN TELUK BETUNG DISTRICT OF WEST

BY

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Elementary school student is an investment of the nation, because the age of the student is the future generation. Growth is dependent from the good food intake. This study aims to analyze the relationship between energy intake, protein intake and nutritional status of the learning achievement in Elementary School 2 Keteguhan Teluk Betung District of West.

This study used a descriptive analytical method with cross-sectional approach. These study population were 107 4, 5, 6 class elementary student in elementary school 2 Keteguhan Teluk Betung District Of West. Simple stratified random sampling method and Chi-square test were being used in this study. This study uses food recall method to assess the intake of energy and protein then measure the height and weight to measure the nutritional status.

The Results of energy intake and proteins are classified good as either respectively 67.5% and 55%. The results showed that 45% of the students have good nutritional status and 55% have less nutritional status. Statistical analysis showed that there was no significant relationship between energy intake and nutritional status (p=0.737; p>0.05). There was a significant the relationship between protein intake and nutritional and also for the relationship of nutritional status and academic achievement (p=0.000; p<0.05) and (p=0.002; p<0.05). It is recommended for the parents tell the nutrition food for their children.

Key words: energy intake, learning achievement, nutritional status, protein intake.