

THE INFLUENCE OF SWEET POTATO SNACK'S MODIFICATION AGAINST THE ENERGY CONTENT, PROTEIN CONTENT AND STUDEN'S ACCEPTANCE IN TELADAN ELEMENTARY SCHOOL

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ABSTRACK

Background: elementary's studen is a very decisive period of human qualities. Nutritious food is very influential towards the growth and development of children. Unfortunately, the elementary's student have a habit of choosing foods that contain nutrients that are less balanced and diverse. To improve the nutritional adequacy of school children the Government doing the program an additional Feeding of school children. Although it has been given additional food with a menu that is diverse, there are still many children who do not spend the extra food. Based on the preliminary studies conducted in July 2017 at the school Example, the remaining sweet potato snack is still high, almost reaches 30%.

Objective: to know the influence sweet potato snack's modification against the energy content, protein content and studen's acceptance in teladan elementary school.

Methods: this research is a quasi experimental research with post-test only design's research. The subject of the study was 67 students of Teladan Elementary School in accordance with the criteria of inclusion and exclusion. The analysis of the data used Two Independent Samples Mann-Whitney Test.

Result: the energy content of snack before the modified is 86.8 kcal and protein content is 1.04 g. After modification, energy content of snack is 108.47 kcal and the protein's content is 2.78 grams. Test results of Two Independent Samples Mann-Whitney Test towards student's acceptances is p-value = 0000. It shows that there is a difference in student's acceptance old recipe's snack and new recipe's snack.

Conclution: there are influence sweet potato snack's modification against the energy content, protein content and studen's acceptance in teladan elementary school.

Keywords: sweet potato snack's modification, energy, protein, studen's acceptance, elementary school's studens

PENGARUH PEMBERIAN MODIFIKASI SNACK UBI TERHADAP KANDUNGAN ENERGI, KANDUNGAN PROTEIN DAN DAYA TERIMA ANAK SEKOLAH DI SD TELADAN YOGYAKARTA

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ABSTRAK

Latar Belakang: Anak sekolah merupakan periode yang sangat menentukan kualitas manusia. Makanan yang bergizi sangat berpengaruh terhadap pertumbuhan dan perkembangan anak². Sayangnya, anak sekolah memiliki kebiasaan memilih makanan yang mengandung zat gizi yang kurang seimbang dan beragam. Untuk meningkatkan kecukupan gizi anak sekolah pemerintah melakukan program Pemberian Makanan Tambahan Anak Sekolah. Meskipun sudah diberikan makanan tambahan dengan menu yang beraneka ragam, masih banyak anak yang tidak menghabiskan makanan tambahan tersebut. Berdasarkan studi pendahuluan yang dilakukan pada Juli 2017 di Sekolah Teladan, sisa snack ubi jalar masih tinggi, hampir mencapai 30%.

Tujuan Penelitian: untuk mengetahui pengaruh pemberian modifikasi snack ubi terhadap kandungan energi, protein dan daya terima anak sekolah di SD Teladan Yogyakarta.

Metode Penelitian: penelitian ini merupakan penelitian eksperimental semu dengan desain penelitian *post test only design*. Subyek penelitian adalah siswa di SD Teladan sebanyak 67 siswa yang sesuai dengan kriteria inklusi dan eksklusi. Analisis data yang digunakan adalah *Two Independent Sample Test Mann-Whitney*.

Hasil penelitian: kandungan energi snack sebelum dimodifikasi adalah 86.8 kkal dan protein 1.04 gram. Setelah dilakukan modifikasi kandungan energi menjadi 108.47 kkal dan protein 2.78 gram. Hasil uji *Two Independent Sample Test Mann-Whitney* terhadap daya terima anak SD diperoleh nilai $p = 0.000$. Hal tersebut menunjukkan bahwa ada perbedaan daya terima anak SD terhadap snack resep lama dengan snack resep baru.

Kesimpulan: ada pengaruh modifikasi snack ubi terhadap kandungan energi, kandungan protein dan daya terima anak sekolah

Kata kunci: modifikasi snack ubi, energi, protein, daya terima, anak sekolah dasar