

## HUBUNGAN PERSEPSI PROGRAM MAKAN BERGIZI GRATIS (MBG) DENGAN STATUS GIZI SISWI DI SMAN 1 SRANDAKAN BANTUL

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### ABSTRAK

**Latar Belakang:** Program Makan Bergizi Gratis (MBG) merupakan salah satu upaya pemerintah dalam meningkatkan status gizi dan kualitas sumber daya manusia melalui penyediaan makanan bergizi bagi peserta didik. Persepsi siswa terhadap program yang dijalankan dapat memengaruhi penerimaan dan partisipasi siswa dalam program tersebut. Status gizi remaja merupakan indikator penting yang mencerminkan kondisi kesehatan dan pertumbuhan.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan persepsi Program Makan Bergizi Gratis (MBG) dengan status gizi siswi di SMAN 1 Srandakan.

**Metode:** Penelitian ini menggunakan desain penelitian kuantitatif dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah seluruh siswi SMAN 1 Srandakan dengan jumlah sampel sebanyak 163 responden yang dipilih menggunakan teknik *proportionate stratified random sampling*. Data persepsi diperoleh melalui kuesioner, sedangkan status gizi ditentukan berdasarkan indeks massa tubuh menurut umur (IMT/U) yang dinyatakan dalam *z-score*. Analisis data dilakukan menggunakan uji Spearman Rank.

**Hasil:** Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki persepsi kurang terhadap Program Makan Bergizi Gratis sebanyak 84 responden (51,5%) dan sebagian besar memiliki status gizi normal sebanyak 113 responden (69,3%). Hasil uji Spearman Rank menunjukkan nilai koefisien korelasi (*r*) sebesar 0,092 dengan *p-value* sebesar 0,242 ( $p > 0,05$ ).

**Kesimpulan:** Tidak terdapat hubungan yang signifikan antara persepsi Program Makan Bergizi Gratis (MBG) dengan status gizi siswi di SMAN 1 Srandakan. Status gizi remaja diduga lebih dipengaruhi oleh faktor lain seperti pola makan, aktivitas fisik, kebiasaan jajan, dan pendapatan keluarga.

**Kata Kunci:** Persepsi, Program Makan Bergizi Gratis, Status Gizi.

**THE RELATIONSHIP BETWEEN PERCEPTIONS OF THE FREE  
NUTRITIOUS MEAL PROGRAM (MBG) AND THE NUTRITIONAL  
STATUS OF STUDENTS AT SMAN 1 SRANDAKAN, BANTUL**

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**ABSTRACT**

**Background:** The Free Nutritious Meals Program (MBG) is one of the government's efforts to improve nutritional status and the quality of human resources by providing nutritious meals to students. Students' perceptions of the program can influence their acceptance of and participation in it. Adolescents' nutritional status is an important indicator that reflects their health and growth.

**Objective:** This study aims to determine the relationship between perceptions of the Free Nutritious Meal Program (MBG) and the nutritional status of female students at SMAN 1 Srandakan.

**Methods:** This study employed a quantitative research design with a cross-sectional approach. The study population consisted of all female students at SMAN 1 Srandakan, with a sample size of 163 respondents selected using proportionate stratified random sampling. Data on perceptions were collected via a questionnaire, while nutritional status was determined based on age-adjusted body mass index (BMI-for-age), expressed as a z-score. Data analysis was performed using the Spearman rank test.

**Results:** The results showed that the majority of respondents had a negative perception of the Free Nutritious Meal Program, totaling 84 respondents (51.5%), and the majority had a normal nutritional status, totaling 113 respondents (69.3%). The results of the Spearman's rank test showed a correlation coefficient ( $r$ ) of 0.092 with a  $p$ -value of 0.242 ( $p > 0.05$ ).

**Conclusion:** There was no significant association between perceptions of the Free Nutritious Meal Program (MBG) and the nutritional status of female students at SMAN 1 Srandakan. Adolescents' nutritional status is believed to be more influenced by other factors such as dietary patterns, physical activity, snacking habits, and family income.

**Keywords:** Perception, Free Nutritious Meal Program, Nutritional Status.