

ABSTRACT

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Snacks Buying Habits Relationship And the Amount of Money Bought for Snacks With Obesity In Students of SDN 190 in Palembang 2015

SKRIPSI

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Key words: Habits of buying snacks, the amount of money bought for snacks, growth, obesity.

(xv + 77 pages + 8 tables + 10 attachments + 2 scheme)

According to the data from the World Health Organization (WHO) shows that, in 2010, about 43 million children are obese, nearly 35 million children in the world who are overweight live in developing countries. Indonesia ranks first as the first country to the highest levels of obesity in children in ASEAN region, as many as 12.2%. This high rates of obesity is encouraged by the habit of eating snacks kids like to drink calorie-rich drinks. Though obesity potentially carry harmful diseases such as cardiovascular, diabetes mellitus. Meals or snacks consumed at most by primary school age children are high-calorie foods such as fried noodles, fried rice, burgers, batagor, sausage, chocolate and fried foods. The aim of this study was to determine the relationship habit of eating snacks and the amount of allowance with obesity in school-age children is encouraged by the SDN 190 Palembang. This study was conducted in SDN 190 Palembang, the research design was using analytic survey with cross sectional approach. The population in this study was in total of 185 respondents, the sample in this study was in total of 65 respondents. Dependent variable studied were the habit of eating snacks and the amount of pocket money while independent variables was obesity. The statistical analysis used was the analysis of univariate and bivariate analysis using the chi-square test. Results of this study showed that there was a relationship, that it can be said that there is a significant correlation between the habit of eating snacks with obesity (p value = 0.000), and the amount of pocket money with obesity (p value = 0.003). As for the suggestion from the researcher is to the school, especially UKS to provide health education for school food vendors and distribute flyers to the seller that the seller understands unhealthy snack and healthy snacks.

Bibliography (2005-2015)