

## **ABSTRACT**

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**The Relationship Between Snack Habits with Digestive Disorders in School Age Children at SDN 190 kelurahan Ario Kemuning, Palembang Year of 2015**

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School-age children spend their time in the school, high frequency of school activity makes them to get hungry quickly that it encourages them to buy snacks. Interesting food for them is food that has a good appearance, color, taste, and package not knowing the impact of the food those school-age children often experience indigestion caused by certain microorganisms such as diarrhea and typhoid fever, as well as caused by dangerous chemical substance that can poison children. The purpose of this study is to determine the relationship of eating snacks habit with the digestive disorders in school-age children at SDN 190 Kelurahan Ario Kemuning Palembang. This research used analytic survey with cross sectional design with the sampling technique namely purposive sampling and obtained a sample of 72 respondents. The data collection technique was using questionnaires. Chi square test results obtained p value of 0.000 or less than  $\alpha = 0.05$  it can be concluded that there is a significant correlation between the habit of eating snacks with the incidence of digestive disorders other than that it was also obtained the number of children who have an unhealthy snack habits as much as 34 (47.2% ), while the healthy habit of eating snacks were 38 (52.8%), for indigestion obtained 38 (52.8%) experienced gastrointestinal disorders and 34 (47.2%) did not experience indigestion. Based on the above results, it is expected that the school should carry out three principal of school health program (UKS) includes health education by providing education and counseling about how to choose a healthy snack food, basic health service if there are students who are experiencing Digestive disorders at schools, and to provide guidance of healthy environment like healthy canteen in cooperation with local health centers.

Bibliography: 29 (2002-2014)