

ABSTRACT

Puspaningrum, Ika Rahmawati, 2009. *The Influence of Lunch Feeding Program toward Nutrient Status of Mangli Elementary School students of Kaliangkrik District of Magelang Regency*. A Thesis. Service and Production Technology Department of Engineering Faculty of Semarang State University. Advisors: Dra. Atiek Zahrulianingdiyah, M. P.d , and Dra. Endang Setyaningsih.

Keyword: Lunch Feeding, Nutrient Status, Mangli Elementary School Students.

Mangli is a village located in the western of Magelang regency. It locates exactly the eastern part of Mount Sumbing slope which is in the administrative territory of Kaliangkrik district of Magelang regency. Nearly 100 % people of Mangli consumes corn as their staple food. Based on the BKP (Food Security Agency) data, the characteristic food consumption is adequately sensitive as the indicator of poverty. This indicates the inadequate security of food. Therefore, based on the data, lunch feeding program is executed in Mangli Elementary School of Kaliangkrik District of Magelang Regency. The program is administered daily by Food Security Agency of Central Java Province during 100 days. The distribution of health and appropriate food at school is aimed to produce nutritive food which is able to be well digested. It is expected to improve the nutrient status of students.

The purpose of this research is; (1) to know the nutrient status of Mangli Elementary School Students of Kaliangkrik district of Magelang regency after lunch feeding program, (2) to know the lunch menu of Mangli Elementary School Students of Kaliangkrik district of Magelang regency, (3) to know the influence of lunch feeding program toward nutrient status of Mangli Elementary School students of Kaliangkrik district of Magelang regency, (4) to know the influence level of lunch feeding program toward nutrient status of Mangli Elementary School students of Kaliangkrik district of Magelang regency.

The population in the research is the first until the sixth grade students of Mangli Elementary School of Kaliangkrik district of Magelang regency which amounts to 250 students. Sample of the research is the fourth and the fifth grade students of Mangli Elementary School of Kaliangkrik district of Magelang regency which amounts to 62 students. The data is collected through various methods; documentation, observation, interview, dietary history method and anthropometry measurement method. The data is analyzed under percentage descriptive analysis method and simple linear regression analysis.

The result of the research reveals the nutrient status of Mangli Elementary School students based on these two following categories; 98,39 % of good status category and 1, 61 % of average status. 100% of Mangli Elementary School students like the lunch menu very much. The tediousness rate category is 96,77% of students are not being fed up, and 3,23 % of them are occasionally being fed up. Based on the eating desire, 96, 77% of them eat all food and 3, 23 % finish it occasionally. 95, 16% students revealed that the lunch menu they got at school is

more delicious, nutritive and complete than they daily consumed at home. 3, 23 % of them said sometime it tastes good and sometime does not and the rest 1, 61 % thought it does not good. Based on the result of simple linear regression test, the influence of lunch feeding program (calorie or energy consumption) toward nutrient status is gained $F_{\text{recapitulate}} = 0,276$ and $F_{\text{table}} = 4,00$. Since $F_{\text{recapitulate}} < F_{\text{table}}$ it means that there is no any influence of lunch feeding toward nutrient status. Since there is no any influence than the level of influence is unknown.

From the research can be concluded that: (1) nutrient status of Mangli Elementary School students of Kaliangkrik district of Magelang regency is 98,39 % of good status category and 1, 61 % of average status, (2) based on the likeness rate, 100% of Mangli Elementary School students like the lunch menu and the tediousness rate is 96,77% of students are not being fed up, and 3,23 % of them are occasionally being fed up. Based on the eating desire, 96, 77% of them eat all food and 3, 23 % finish it occasionally. 95, 16% students revealed that the lunch menu they got at school is more delicious, nutritive and complete than they daily consumed at home. 3, 23 % of them said sometime it tastes good and sometime does not and the rest 1, 61 % thought it does not good. (3) There is no any influence of lunch feeding toward nutrient status of Mangli Elementary School with p value is = 0,602. (4) Since there is no any influence than the level of influence is unknown.

The proposed suggestion are: (1) researcher considers only one factor of energy consumption in lunch feeding, not to consider other factors which contribute in influencing nutrient status such as social condition, economy, household, sanitation, infectious diseases, and so on. Therefore, it is suggested to do further research on the influence of children nutrient status, (2) lunch feeding in a short time does not have any effect on the nutrient status. In order to know its influence toward nutrient status, it is suggested to do further administration of lunch feeding program. (3) Feeding should be better administered in the morning. Anyhow, breakfast is very important that it contains all nutrient substance needed by human body, especially energy and protein before children go to school.