

**NUTRITIONAL STATUS AND RELATED FACTORS AMONG  
ELEMENTARY SCHOOL STUDENTS IN BANDA ACEH  
MUNICIPALITY, NANGGROE ACEH DARUSSALAM  
PROVINCE, INDONESIA**



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BADRIALAILY 5037987 ADPM/M

M.P.H.M. (PRIMARY HEALTH CARE MANAGEMENT)

THESIS ADVISORS : JUTATIP SILLABUTRA, Ph.D. PANTYP RAMASOOTA, Dr. P.H

ABSTRACT

This study is a descriptive cross sectional study, which assessed nutritional status and related factors among elementary school children in SD Negeri 32 Beurawe, Banda Aceh Municipality, NAD Province, Indonesia. The data was collected from 15<sup>th</sup> January to 30<sup>th</sup> January 2008. Students totally 121, aged 10-14 years old who attended to the class 4, 5 and 6 were interviewed by questionnaire and were measured for weight and height. Minitab for windows was used to analyze the data.

Only 4.96 percent of respondents had a poor level of attitude, and most of them had good (34.71%) and (42.98%) fair knowledge.

Two thirds of respondents had a healthy weight, while 22.31 percent were underweight and 2.48 percent were overweight. Nearly 25 percent of respondent was abnormal weight.

The association between nutritional status and some independent variables was found at the significant level of 0.05. These independent variables were accommodation type ( $p=0.007$ ), caregiver ( $p=0.007$ ), father's occupation ( $p=0.02$ ), mother's education ( $p=0.05$ ) household members ( $p=0.05$ ), and supplementary food support from the school ( $p=0.04$ )

Based on results, it's suggested that to determine other causes a cohort study among overweight and underweight cases should be conducted using skin fold anthropometry. To avoid students snacking in the school time, it's better to let them bring a meal from home. Periodical monitoring and evaluation of nutritional status of the students should focus on underweight students. Supplementary support from schools is still needed, to assist daily intake of students still underweight especially. Health and nutrition education should be taught.

KEY WORDS: NUTRITIONAL STATUS/ ELEMENTARY SCHOOL STUDENTS.

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