

Lailiana, RM, (2015). Hubungan Pengetahuan Siswa Tentang Jajana Sehat dengan Perilaku Hidup Bersih dan Sehat (PHBS) Jajanan Sehat di Sekolah Dasar Se- tamantirto Bantul Yogyakarta.

Pembimbing:

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### INTISARI

**Latar Belakang:** Anak usia sekolah sangat menyukai makanan jajanan, mereka sangat gemar membelanjakan uang sakunya untuk membeli jajanan di sekolah. Salah satu cara untuk meningkatkan perilaku dan sikap memilih jajanan sehat anak usia sekolah salah satunya adalah dengan cara menanamkan perilaku hidup bersih dan sehat (PHBS) jajanan sehat di sekolah. Dari survey pendahuluan anak usia sekolah dasar memiliki pengetahuan yang baik tentang jajanan, namun belum menerapkan pemilihan dan konsumsi jajanan sehat di sekolah.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan antara pengetahuan siswa tentang jajanan sehat terhadap PHBS jajanan sehat siswa. **Metode:** Desain penelitian *cross-sectional*. Teknik sampling menggunakan *simple random sampling* dan *stratified sampling* didapatkan 132 sampel. Pengumpulan data dilakukan dengan memberikan kuesioner dan analisa data menggunakan uji statistik korelasi *Spearman's Rho* di SPSS 16.

**Hasil:** Hasil penelitian ini menunjukkan sebagian besar siswa mempunyai pengetahuan cukup yaitu 90 siswa (68,7%), siswa memiliki PHBS yang cukup yaitu 93 siswa (71%). Hasil uji statistik menunjukkan bahwa terdapat hubungan antara pengetahuan siswa tentang jajanan sehat dengan perilaku hidup bersih dan sehat (PHBS) jajanan sehat di Sekolah Dasar Se- tamantirto Bantul Yogyakarta ( $p=0.006$  untuk pengetahuan siswa terhadap jajanan sehat) dan ( $p=0,006$  untuk perilaku hidup bersih dan sehat (PHBS) jajanan sehat siswa).

**Kesimpulan:** Kesimpulan pada penelitian adalah adanya hubungan antara pengetahuan siswa tentang jajanan sehat dengan perilaku hidup bersih dan sehat (PHBS) jajanan sehat di Sekolah Dasar Se- tamantirto Bantul Yogyakarta. Pengetahuan dan perilaku sangat penting dalam pelaksanaan PHBS siswa.

**Saran:** Saran dari penelitian ditujukan kepada sekolah agar memberikan pembinaan dan pemantauan tentang penatalaksanaan perilaku hidup bersih dan sehat (PHBS) Jajanan Sehat siswa di Sekolah Dasar

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**Kata kunci : pengetahuan, perilaku, PHBS, jajanan sehat.**

Lailiana, RM, (2015). The Correlation of Student Knowledge about Healthy Snack with Clean and Healthy Behavior (CHLB) “Healthy Snack” in the whole Elementary School Se-tamantirto Bantul, Yogyakarta

Advisors: Atik Badi’ah, S.Pd, S.Kp, M.Kes.

#### **ABSTRACT**

**Background:** School age children likes snack, they are very delight spend money for buying snack in the school. One of the ways to increase the degree of healthy snack to school age children is by cultivating Clean and Healthy Life Behavior (CHLB) of healthy snack at school. The implementation of CHLB of healthy snack must be supported by the knowledge and behavior of each individual. Based on preliminary survey, primary school age children have a good knowledge but not yet applying the choosing and consumption healthy snack at school

**Objective:** this research aimed to know the correlation between students’ knowledge of healthy snack students’ CHLB of healthy snack.

**Method:** The design of this research was cross-sectional research. The sampling techniques used in this research were simple random sampling and stratified sampling and generated 132 sample. The data were collected by deploying questionnaires while the data analysis used correlation statistical test of Spearman’s Rho in SPSS 16.

**Result:** the results showed that most of the students have good knowledge, which is 90 students (68,7%), students who have enough CHLB are 93 students (71%). The result of statistical test indicated that there was a correlation between students’ knowledge of healthy snack the Clean and Healthy Life Behavior (CLHB) of healthy snack at Se-tamantirto primary school, Bantul, Yogyakarta ( $p=0.006$  for students’ knowledge of healthy snack) and ( $p=0,006$  for Clean and Healthy Behavior (CHLB) of healthy snack).

**Conclusion:** the conclusion of this research was there is a correlation between students’ knowledge of healthy snack and Healthy Life Behavior (CHLB) of healthy snack at Se-tamantirto primary school, Bantul, Yogyakarta. Knowledge and behavior are very important in implementing students’ CHLB.

**Suggestion:** the suggestion in this research was addressed to the school to provide coaching and monitoring management about CHLB of healthy snack at school.

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**Keywords : knowledge, behavior, CHLB, healthy snack**