

**PROGRAM STUDI S1 KEBIDANAN DAN PENDIDIKAN PROFESI BIDAN
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**Hubungan Pengetahuan Dan Status Gizi Terhadap Pemanfaatan Program
Pemerintah Makan Bergizi Gratis Pada Siswa Sman 16 Pekanbaru**

Xiv + 99 Halaman + 11 Tabel + 2 Gambar + 13 Lampiran

ABSTRAK

Status gizi merupakan salah satu indikator penting dalam menentukan derajat kesehatan, terutama pada masa remaja yang membutuhkan pemenuhan gizi secara optimal. Program Makan Bergizi Gratis (MBG) merupakan program pemerintah yang bertujuan mendukung pemenuhan kebutuhan gizi peserta didik melalui pemberian makanan bergizi di sekolah. Penelitian ini bertujuan mengetahui tingkat pemanfaatan MBG, tingkat pengetahuan gizi dan status gizi, serta hubungan pemanfaatan MBG dengan pengetahuan gizi dan status gizi siswa SMAN 16 Pekanbaru. Penelitian ini menggunakan metode kuantitatif dengan desain korelasional dan pendekatan *cross-sectional*. Populasi penelitian adalah siswa kelas XI SMAN 16 Pekanbaru berusia 15–17 tahun sebanyak 180 siswa. Sampel berjumlah 65 siswa yang dipilih menggunakan teknik *consecutive sampling*. Data dikumpulkan menggunakan kuesioner pemanfaatan MBG dan pengetahuan gizi serta pengukuran antropometri berdasarkan IMT/U. Analisis data dilakukan secara univariat dan bivariat menggunakan *Fisher-Freeman-Halton Exact Test*. Hasil penelitian menunjukkan pemanfaatan MBG kategori baik sebanyak 24 responden (36,9%), cukup 30 responden (46,2%), dan kurang 11 responden (16,9%). Pengetahuan gizi kategori kurang sebanyak 10 responden (15,4%), cukup 32 responden (49,2%), dan baik 23 responden (35,4%). Status gizi kurang sebanyak 10 responden (15,4%), normal 35 responden (53,8%), gizi lebih 14 responden (21,5%), dan obesitas 6 responden (9,2%). Terdapat hubungan signifikan antara pemanfaatan MBG dengan pengetahuan gizi dan status gizi dengan $p < 0,001$. Kesimpulan penelitian menunjukkan terdapat hubungan signifikan antara pemanfaatan MBG dengan pengetahuan gizi dan status gizi siswa SMAN 16 Pekanbaru. Diharapkan sekolah mengoptimalkan pelaksanaan MBG dan edukasi gizi seimbang. Siswa diharapkan memanfaatkan program secara optimal serta menerapkan pola makan bergizi seimbang dalam kehidupan sehari-hari untuk kesehatan remaja berkelanjutan.

Kata Kunci : Makan Bergizi Gratis, pemanfaatan MBG, pengetahuan gizi, status gizi, siswa SMA.
Daftar Bacaan : 71 referensi (2020–2026)

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***The Relationship Between Nutritional Knowledge And Nutritional Status With
The Utilization Of The Government Free Nutritious Meal Program Among
Students Of Sman 16 Pekanbaru***

Xiv + Pages + 11 Tables + 2 Figures + 13 Appendices

ABSTRACT

Nutritional status is an important indicator of health, particularly during adolescence, when optimal nutritional intake is essential. The Free Nutritious Meals Program (Makan Bergizi Gratis/MBG) is a government program aimed at supporting students' nutritional needs through the provision of nutritious meals at school. This study aimed to determine the level of utilization of the MBG Program, the level of nutritional knowledge and nutritional status, and the relationship between MBG utilization and nutritional knowledge and nutritional status among students at SMAN 16 Pekanbaru. This study employed a quantitative method with a correlational design and a cross-sectional approach. The study population consisted of 180 Grade XI students aged 15–17 years at SMAN 16 Pekanbaru. A total of 65 students were selected using consecutive sampling. Data were collected using questionnaires on MBG utilization and nutritional knowledge, as well as anthropometric measurements based on BMI-for-age (BMI/A). Data were analyzed using univariate and bivariate analyses with the Fisher-Freeman-Halton Exact Test. The results showed that 24 respondents (36.9%) had good MBG utilization, 30 respondents (46.2%) had moderate utilization, and 11 respondents (16.9%) had poor utilization. Nutritional knowledge was categorized as poor in 10 respondents (15.4%), moderate in 32 respondents (49.2%), and good in 23 respondents (35.4%). Nutritional status consisted of undernutrition in 10 respondents (15.4%), normal status in 35 respondents (53.8%), overweight in 14 respondents (21.5%), and obesity in 6 respondents (9.2%). There was a significant relationship between MBG utilization and nutritional knowledge, as well as nutritional status, with $p < 0.001$. There was a significant relationship between MBG utilization and nutritional knowledge and nutritional status among students at SMAN 16 Pekanbaru. Schools are expected to optimize the implementation of the MBG Program and provide continuous nutrition education.

Keywords : Free Nutritious Meals Program, MBG utilization, nutritional knowledge, nutritional status, high school students.

Reading List : 71 referensi (2020–2026)