

HUBUNGAN STATUS GIZI DAN ANEMIA DENGAN KONSENTRASI SISWA KELAS V YANG MENDAPAT SARAPAN PROGRAM MAKAN BERGIZI GRATIS (MBG)

Dely Maria^{1*}, Clausewitz Welmatus Masala²

^{1,2} Program Studi Profesi Ners, Fakultas Kedokteran, Universitas Kristen Indonesia, Jakarta, Indonesia, 13630

Article Info	ABSTRAK
Article History: Received 21/08/2026 Revised - Accepted 02/09/2026 Keywords: Anemia; Konsentrasi; Sarapan; Siswa; Status Gizi	Anak usia sekolah di Indonesia masih menghadapi masalah gizi dan anemia dengan prevalensi tinggi; Riskesdas 2018 mencatat prevalensi anemia pada anak usia 5-14 tahun sebesar 26,8%. Status gizi dan anemia yang buruk dapat menurunkan konsentrasi, prestasi belajar, dan kebugaran anak. Penelitian ini bertujuan menganalisis hubungan status gizi dan anemia dengan tingkat konsentrasi siswa kelas V (lima) yang menerima sarapan melalui program Makan Bergizi Gratis (MBG). Penelitian observasional analitik dengan desain cross sectional ini dilakukan pada 82 siswa kelas V SDN 01 Kalibaru, Jakarta Utara, pada Mei 2025, setelah siswa menerima sarapan MBG selama tiga bulan. Status gizi dinilai melalui Indeks Massa Tubuh (IMT), status anemia melalui kadar hemoglobin (Hb), dan tingkat konsentrasi melalui Grid Concentration Test; hubungan antarvariabel dianalisis dengan uji Korelasi Spearman dan regresi linier. Sebanyak 35,4% siswa mengalami anemia, 52,4% berstatus gizi kurang, dan 67,1% memiliki tingkat konsentrasi kurang. Status gizi berhubungan signifikan secara negatif dengan tingkat konsentrasi ($p < 0,05$), sedangkan status anemia tidak ($p > 0,05$). Model regresi linier gabungan status gizi dan anemia terhadap konsentrasi menjelaskan variasi yang sangat lemah ($R^2 = 0,051$) dan tidak signifikan secara keseluruhan ($p = 0,126$). Temuan ini menunjukkan bahwa status gizi lebih berperan dibanding anemia terhadap konsentrasi siswa penerima MBG, sehingga program tersebut perlu disertai edukasi gizi dan pemantauan berkala, bukan hanya penyediaan makanan. ABSTRACT <i>School-age children in Indonesia continue to face a high prevalence of malnutrition and anemia; the 2018 Basic Health Research (Riskesdas) reported an anemia prevalence of 26.8% among children aged 5-14 years. Poor nutritional and anemia status can reduce children's concentration, academic performance, and physical fitness. This study aimed to analyze the relationship between nutritional status and anemia with the concentration level of fifth-grade students receiving breakfast through the Free Nutritious Meal Program (Makan Bergizi Gratis/MBG). This analytical observational study used a cross-sectional design involving 82 fifth-grade students at SDN 01 Kalibaru, North Jakarta, conducted in May 2025 after three months of MBG breakfast provision. Nutritional status was assessed using Body Mass Index (BMI), anemia status using hemoglobin (Hb) levels, and concentration level using the Grid Concentration Test; relationships between variables were analyzed using Spearman's correlation test and linear regression. A total of 35.4% of students had anemia, 52.4% were</i>

undernourished, and 67.1% had a low concentration level. Nutritional status was significantly and negatively associated with concentration level ($p < 0.05$), while anemia status was not ($p > 0.05$). The combined linear regression model of nutritional and anemia status explained only a small proportion of variance in concentration ($R^2 = 0.051$) and was not statistically significant overall ($p = 0.126$). These findings suggest that nutritional status plays a greater role than anemia in students' concentration under the MBG program, indicating that the program should be accompanied by nutrition education and regular monitoring rather than food provision alone.

**Corresponding Author: (delymariap@gmail.com)*
