

ABSTRACT

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THE RELATIONSHIP BETWEEN ADEQUATE LEVELS OF MACRONUTRIENTS AND UNHEALTHY SNACKING HABITS WITH THE INCIDENCE OF MALNUTRITION IN SCHOOL AGE CHILDREN

Malnutrition is a condition of deficiency, excess or imbalance in energy and nutrient intake. Malnutrition can occur in all age groups, especially school-aged children because children are still growing and require relatively large nutritional requirements. Children's needs are not only met at home, but nutritional needs at school are also needed. School-age children cannot be separated from snacks because snacks are always around them. Snacks are something that can influence nutritional intake and influence nutritional status. This study aims to analyze the relationship between adequate levels of macronutrient intake and unhealthy snack habits with the incidence of malnutrition at Parakansag Elementary School, Tasikmalaya City in 2024. The research uses an observational method with a case control research design. The sample size in this study was 45 case samples and 45 control samples with a total sample in this study of 90 people. This research instrument uses the SQFFQ and FFQ questionnaires. Data analysis used the chi square test. The results of the study showed that the majority of respondents had poor carbohydrate adequacy levels (61.1%), poor protein adequacy levels (77.8%), poor fat adequacy levels (67.8%), poor energy adequacy levels (51.1%) and unhealthy snacks habits are rare (95.6%). The results of bivariate analysis showed that there was a significant relationship between the variables of carbohydrate adequacy level ($p=0.000$), fat adequacy level ($p=0.002$) and energy adequacy level ($p=0.000$) with the incidence of malnutrition. There is no significant relationship between the level of protein adequacy ($p=0.447$) and unhealthy snack habits ($p=0.616$) with the incidence of malnutrition. Students and female students are expected to pay attention to daily food intake and prioritize the consumption of balanced and varied food so that adequate levels can be achieved in accordance with body needs.

Keywords: *Macronutrient Adequacy Level, Unhealthy Snacking Habits, Malnutrition.*