

**FACULTY SCIENCES HEALTH
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ABSTRACT

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THE RELATIONSHIP OF MACRONUTRIENT INTAKE AND POCKET MONEY WITH THE NUTRITIONAL STATUS OF CHILDREN AGED 10-11 YEARS

Nutritional status is an important element in achieving optimal health status. Children aged 10-11 years are one group that is vulnerable to nutritional problems. The aim of this study was to analyze the relationship between macronutrient intake and pocket money with the nutritional status of children aged 10-11 years at SDN 1 Sukarasa, Samarang District, Garut Regency in 2024. The research was conducted using a cross-sectional approach. Samples were taken from 97 of 111 students using the proportional random sampling method. The results showed that there were 45 students in class IV (46.4%) and class V as many as 52 people (53.6%), and 39 people aged 10 years (40.2%) and 11 year olds as many as 52 people. (59.8%). The results of bivariate analysis using the Rank-Spearman test showed a significant relationship and a positive direction between energy intake and nutritional status ($p\text{-value}=0.000$, $\rho=0.506$), carbohydrate intake and nutritional status ($p\text{-value}=0.000$, $\rho=0.544$), protein intake with nutritional status ($p\text{-value}=0.000$, $\rho=0.373$), fat intake with nutritional status ($p\text{-value}=0.000$, $\rho=0.688$), pocket money for buying snacks (food) with nutritional status ($p\text{-value}=0.000$, $\rho=0.367$), and family income (confounding variable) with nutritional status ($p\text{-value}=0.023$, $\rho=0.23$). The conclusion is that there is a relationship between macronutrient intake (energy, carbohydrates, protein and fat), pocket money and family income (confounding variables) with nutritional status.

Keywords: *Elementary School Children, Nutrient Intake, Nutritional Status, Pocket Money*