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Faculty of Public Health

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CONFERENCE OF PUBLIC HEALTH**

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Wellbeing Regarding COVID - 19 ”**

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CONFERENCE ON PUBLIC HEALTH**

*The Work Place Initiative: Health, Safety and Wellbeing
Regarding COVID-19*

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THE 3rd SRIWIJAYA INTERNATIONAL
CONFERENCE ON PUBLIC HEALTH**

*The Work Place Initiative: Health, Safety and Wellbeing
Regarding COVID-19*

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PREFACE

On behalf of the organizing committee, I am delighted to welcome you to the 3rd Sriwijaya International Conference on public Health (SICPH 2021) during 21th October 2021 at Palembang South Sumatera, Indonesia. The SICPH 2021 is international conference organized by Faculty of Public Health, Sriwijaya University (UNSRI). I would like to extend my warmest welcome to all the participant of The SICPH 2021 under the theme *“The Impact of Climate Change on Infectious Disease Transmission”*.

The SICPH 2021 consists of keynote sessions from well known expert speakers in the field of public health, and academic paper sessions (oral presentations) who are coming from several region. This conference seeks to bring together academics, public health professionals, researchers, scientists, students and health stakeholders from a wide range of disciplines to present their latest research experience and further development in all areas of public health. We hoped that this conference will be usefull platform for researchers to present their finding in the areas on multidisciplinary realted to public health and health system issues.

This conference will provide opportunities to exchange ideas, knowledge, and development of the latest research among the participants. We will publish the paper as output from the SICPH 2021 in proceeding book with ISBN and selected paper will be published in Jurnal ilmu kesehatan masyarakat- SINTA 3 (a nationally-accredited journal). The SICPH 2021 is being attended by about 50 participants. I hope you enjoy the conference.

With regard to considerable conference agenda, we greatly appreciate any support and sponshorship derived from any governmental as well as private institutions for the success of the conference. Great appreciation is also handed to organizing committe of the conference for any voluntarily effort that bring to the succes of the conference.

The conference committee expresses its gratitude towards all the keynote speakers, authors, reviewers, and participanst for the great contribution to enssure the succes of this event. Finnally, I sincerely thank all the members of the organizing committee who have worked hard to prepare this conference.

Palembang, October 2021

Chair,

Anita Camelia, SKM., MKKK.

PREFACE



First of all, let us thank God, the Almighty, who has given His grace and guidance so that the 3rd Sriwijaya International Conference of Public Health (SICPH) with the theme of The Workplace Initiative: Health, Safety and Wellbeing Regarding Covid:19 can be held successfully. I welcome all of you to this seminar which has received great attention not only from university, but also other communities to submit papers to be presented in this seminar. I express my highest gratitude and appreciation the presenters.

The conference is divided in two session, the first session is speeches and the second session is round table discussion. In the first session, the invited keynote speakers were Prof. Dr. Tan Malaka, MOH, DrPH, SpOk, HIU (A Professor from Medical Faculty Universitas Sriwijaya), Prof. Dr. Retneswari Masilamani (University Tunku Abdul Rahman, Malaysia), Prof.Dr.Joselito L. Gapaz MD, M.PH(University of the Philippines) and Prof. Dr Tjandra Yoga Aditama, MHA,DTM&H, DTCE,SpP(C).FIRS (Professor from Griffith University, Australia)

Of course, this conference activity would not have succeeded without the support of all parties involved, as well as the presence of all participants in all regions in Indonesia and internationally. I especially thank to all the organizing committees for their hard work, perseverance, and patience in preparing and organizing this conference so that it can go well, smoothly and successfully.

Finally, through this conference let us extend the network and cooperation among all stakeholders of the public health sector, especially in Indonesia and in the world in general, to build a better public health world in Indonesia

Thank you for participating in this conference.

**Dean of Public Health Faculty,
Universitas Sriwijaya**

Dr. Misnianti, S.K.M, M.K.M

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FACTORS RELATED TO THE SELECTION OF SNACK FOOD INSCHOOL STUDENTS AT SDN 33 LUBUKLINGGAU CITY

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ABSTRACT

Snack food is an important food for the growth of children, because it provides the energy and nutrients needed for the growth of the child. The problem is, hawker food in circulation today can not all be guaranteed safety and nutritional content so it needs to get special attention in developing hawker food, because it can indirectly be one of the important obstacles in the development of Indonesian human resources in the future. The purpose of this research is to find out the factors related to the selection of snack food in school children at SD Negeri 33 Lubuklinggau City. The design of the research used in this study is quantitative research using survey methods, and with a cross sectional approach where independent variables (knowledge about hawker food, attitudes towards hawker food, snack money, habits of carrying provisions, breakfast habits and peer influences) and dependents (selection of hawker food) are examined simultaneously. With the population is all students in SD Negeri 33 Lubuklinggau city that meets the criteria of inclusion and exclusion, the number of respondents was obtained as many as 75 people. The results in this study showed that factors related to the selection of snack food in school students at SD Negeri 33 Lubuklinggau city have a relationship between knowledge (p-value=0.004), snack money (p-value=0.014), the habit of carrying supplies (p-value=0.024), breakfast habits (p-value=0.029), and the influence of peers (p-value=0.049) and there is no relationship between the attitude of snack food and the selection of snacks (p-value=0.337). and snack money is the most dominant variable associated with the selection of snack food in school children. The most dominant variable associated with the selection of snack food in school students is snack money.

Keywords: Selection of hawker food, school students, hawker food.

ABSTRAK

Makanan jajanan merupakan makanan yang penting bagi pertumbuhan anak, karena memberikan energi dan zat gizi yang diperlukan untuk pertumbuhan anak. Permasalahannya, makanan jajanan yang beredar saat ini belum semuanya dapat dijamin keamanan maupun kandungan gizinya sehingga perlu mendapat perhatian khusus dalam mengembangkan makanan jajanan, karena secara tidak langsung dapat menjadi salah satu hambatan penting dalam pembangunan sumber daya manusia Indonesia di masa depan. Tujuan penelitian ini adalah untuk mengetahui faktor yang berhubungan dengan pemilihan makanan jajanan pada anak sekolah di SD Negeri 33 Kota Lubuklinggau. Desain penelitian yang digunakan dalam penelitian ini adalah penelitian kuantitatif dengan menggunakan metode survei, dan dengan pendekatan cross sectional dimana variabel independen (pengetahuan tentang makanan jajanan, sikap terhadap makanan jajanan, uang jajan, kebiasaan membawa bekal, kebiasaan sarapan dan pengaruh teman sebaya) dan dependen (pemilihan makanan jajanan) diteliti secara bersamaan. Dengan populasi adalah seluruh siswa di SD Negeri 33 Kota Lubuklinggau yang memenuhi kriteria inklusi dan eksklusi, maka didapatkan jumlah responden sebanyak 75 siswa. Hasil dalam penelitian ini menunjukkan bahwa faktor yang berhubungan dengan pemilihan makanan jajanan pada siswa sekolah di SD Negeri 33 Kota Lubuklinggau terdapat hubungan antara pengetahuan (p-value=0,004), uang jajan (p-value=0,014), kebiasaan membawa bekal (p-value=0,024), kebiasaan sarapan (p-value=0,029), dan pengaruh teman sebaya (p-value=0,049) dan tidak terdapat hubungan antara sikap terhadap makanan jajanan dengan pemilihan makanan jajanan (p-value=0,337). dan uang jajan merupakan variabel yang paling dominan yang berhubungan dengan

pemilihan makanan jajanan pada siswa sekolah. Variabel yang paling dominan terkait dengan pemilihan makanan ringan pada siswa sekolah adalah uang jajan.

Kata Kunci : Pemilihan makanan jajanan, siswa sekolah, makanan jajanan.

Introduction

Snack food is an important food for the growth of children, because it provides the energy and nutrients needed for the growth of children. The problem is, snack food circulating today is not all of which can be guaranteed safety and nutritional content so it needs special attention in developing snack food, because it can indirectly be one of the important obstacles in the development of Indonesian human resources in the future ¹.

Based on the Global Nutrition Report (2014), Indonesia is included in 17 countries that have 3 nutritional problems at once, namely stunting (short), wasting (skinny), and also overweight (obesity) ². Survey data conducted by the National Nutrition and Health Survey (NHANES) in the period 2003-2006 and 2013-2016 showed that childhood obesity continued to increase markedly in some age groups of children, namely in the age group 2-5 years increased 5% to 12.4%, in the age group of 6-11 years increased 6.5% to 17.6% ³.

The results of Basic Health Research (Riskesdas) in 2018 mentioned that the prevalence of nutritional status of children classified as obese in the group of children aged 5-12 years in Indonesia is 9.2% while classified as thin by 6.8% ⁴. In the city of Lubuklinggau itself the prevalence of nutritional status of children aged 5-12 years classified as obese exceeds the national figure of 12.81% and children who are classified as thin as much as 4.99% ⁵. This shows a picture where children at school age have not received a balanced nutritional intake. The occurrence of malnutrition at this time can result in disruption of the growth and development of children, among others, increased toddler deaths, low intelligence, mental retardation, inability to achieve, low productivity and further will have an impact on the low quality of human resources (HR) and will have an impact on adolescent age. This has an impact on increasing the productivity of people's work, the achievement of the nation, the competitiveness of the nation in the international world, national resilience and the success of national development ⁶.

According to the initial survey that has been conducted by researchers at SD Negeri 33 Kota Lubuklinggau by making observations it is known that many hawker food traders both in the canteen and outside the school and many students who buy snack food. In SD Negeri 33 Kota Lubuklinggau

most of its students also have snack habits. To meet the needs of students, the school also provides canteens and many hawker food vendors who are in front of the school gate. As for the results of the initial survey conducted by researchers, the food sold varies greatly both in the canteen and at food traders, but the food sold is not fully guaranteed cleanliness and security. Usually the time used for snacks is during recess in the school cafeteria. And when returning from school new students can snack on traders who are outside the school gate because the school forbids students to leave the school environment during study hours, considering the location of the school which is on the side of the road that is quite crowded by vehicles.

Based on the results of the initial survey, researchers wanted to know about "What factors affect students in the selection of snack food in SD Negeri 33 Kota Lubuklinggau?".

Method

This research is quantitative research with cross sectional study design. The population in this study was all students in SDN 33 Kota Lubuklinggau which amounted to 302 students. The sampling technique in this study used purposive sampling. Based on calculations using the Slovin formula, the sample that was respondents in this study was as many as 75 students. The sample in this study is students who meet the following criteria:

Inclusion criteria:

1. Students of class V and VI SDN 33 Kota Lubuklinggau
2. Willing to be a respondent
3. Physical and spiritual health
4. Students can communicate well

Exclusion criteria:

1. Students who are sick
2. Students whose address data is incomplete
3. Students who are visited are not at home

Results

The research site is a place used for research, in this case the research location is in SDN 33 Lubuklinggau City. The number of student members in SD Negeri 33 Kota Lubuklinggau

in the 2019/2020 school year from grade 1 to class VI is 302 students consisting of 156 men and 144 women. Most students have a habit of snacking. To meet the needs of students' snacks, the school provides a canteen that sells a variety of snacks, and many merchants outside the school who sell a variety of snacks in front of the school.

Based on the results of the study the characteristics of respondents including age, gender and class can be seen in table 4.1 below:

Table 4.1 Characteristics of Respondents

Variable	Sum (n)	Percentage (%)
Class		
Class 5	36	48
Class 6	39	52
Age		
10 years	9	12
11 years	32	42,67
12 years	34	45,33
Gender		
Male	34	45,33
Female	41	54,67

Based on table 4.1 it can be known that the number of respondents in this study amounted to 75 students, consisting of 36 5 th graders and as many as 39 6th graders where 10-year-old students were 9, 11-year-old students were 32 and 12-year-old students were 34. Based on gender, the number of female students is the most compared to the number of male students.

Univariate Analysis

Table 4.2 Results of Univariate Analysis on School Students in State Elementary School 33 Lubuklinggau City

Variable	Sum (n)	Percentage (%)
Selection of Snack Food		
Bad	35	46,7
Good	40	53,3
Knowledge of Food		
Low	27	36,0
Tall	48	64,0
Attitude towards food		
Negative	20	26,7
Positive	55	73,3
Snack Money		
Low (< Rp.5000*)	12	16,0
High (≥ Rp.5000*)	63	84,0

Habits of Carrying Provisions		
Infrequently	52	69,3
Often	23	30,7
Breakfast Habits		
Infrequently	36	48,0
Often	39	52,0
Peer Influence		
No Friend's Influence	17	22,7
There's a Friend's Influence	58	77,3

Based on table 4.2 obtained the results of univariate analysis on school students in SD Negeri 33 Kota Lubuklinggau that the selection of good snack food as much as 53.3%. Students who have high knowledge of the selection of snack food as much as 64.0%. Students' positive attitude towards snack food was 73.3%. Student snack money that is more than Rp. 5000 as much as 84%. Students who rarely bring provisions to school as much as 69.3%. Students who have breakfast habits as much as 52% and students who have influence with peers are as much as 77.3%.

Bivariate Analysis

Table 4.6 Results of Bivariate Analysis in School Students in State Elementary School 33 Lubuklinggau City

Independent Variables	Selection of Snack Food						PR (95% CI)	P-Value
	Bad		Good		Total			
	N	%	N	%	N	%		
Knowledge of Food								
Low	19	70,4	8	29,6	27	100	2,111	0,004
Tall	16	33,3	32	66,7	48	100	(1,321-3,374)	
Attitude towards food								
Negative	7	35,0	13	65,0	20	100	0,688	0,337
Positive	28	50,9	27	49,1	55	100	(0,358-1,319)	
Snack Money								
Low (<Rp. 5000*)	10	83,3	2	16,7	12	100	2,100	0,014
High (≥Rp.5000*)	25	39,7	38	60,3	63	100	(1,414-3,120)	
Habits of Carrying Provisions								
Infrequently	28	57,1	21	42,9	49	100	2,122	0,024
Often	7	26,9	19	73,1	26	100	(1,077-4,182)	

Breakfast Habits								
Infrequently	22	61,1	14	38,9	36	100	1,833	0,029
Often	13	33,3	26	33,7	39	100	(1,096-3,067)	
Peer Influence								
No Friend's Influence	12	70,6	5	29,4	17	100	1,78	0,049
There's a Friend's Influence	23	39,7	35	60,3	58	100	(1,145-2,768)	

Based on table 4.6 it can be known that the results of the chi square test statistical test analysis showed that there was one variable that had no relationship with the selection of snack food in school students in Elementary School 33 Lubuklinggau City which is a variable attitude towards snack food with a value of $p\text{-value} = 0.337$ ($p\text{-value} < 0.05$) it can be concluded that there is no significant relationship between attitudes towards snack food towards the selection of snack food in school students in SD Negeri 33 Kota Lubuklinggau.

Multivariate Analysis

Table 4.7 Results of Multivariate Analysis of Final Modeling

Variable	<i>p-value</i>	<i>PR Adjusted</i>	<i>95% Confident Interval</i>
Hawker Food Knowledge	0,001	19,201	3,306-111,508
Attitudes towards snack food	0,031	0,123	0,018-0,828
Snack Money	0,002	27,292	3,221-231,227
Habits of Carrying Provisions	0,006	9,715	1,925-49,021
Breakfast Habits	0,192	2,379	0,647-8,742
Peer Influence	0,044	5,999	1,050-34,282

The results of the analysis of multiple logistic regression tests showed that the variable that most dominantly affects the selection of snack food is the snack money variable ($p\text{-value} 0.002$; $PR= 27,292$; $CI = 3,221-231,227$) because it has the most PR value compared to other variables. Respondents with high snack money were 27.3 times more likely to choose good snacks than respondents with low snack money after being controlled by variable attitudes towards snack food, habits of carrying provisions, breakfast habits and peer influence.

So it can be concluded that the variable of snack money is the most dominant factor against the selection of snack food in school students in SD Negeri 33 Kota Lubuklinggau.

Discussion

Limitations in this study, namely with the current state of the Covid-19 pandemic make this study constrained because under ideal conditions researchers should be able to spread questionnaires simultaneously in school and do not take a long time. But with the pandemic researchers had to spread questionnaires one by one to the respondent's home, moreover there were some incomplete respondent addresses and distances between respondents' homes that were far apart so that it made researchers take a long time to find the respondent's home address.

The Relationship Between Student Knowledge About Snack Food and Selection of Snack Food

The results of the study statistically chi-square test between students' knowledge of snack food and the selection of snack food in State Elementary School 33 Kota Lubuklinggau showed that $p\text{-value} = 0.004$ ($p\text{ value} < 0.05$) so it was concluded that there is a relationship between knowledge about snack food and the selection of snack food in school students. Respondents who have high knowledge of snack food are 2,111 times more likely to choose good snack foods compared to respondents who have low knowledge of snack food (95% CI: 1,321–3,374).

These results are in line with research conducted by Fahleni and Tahlil (2016) with the title "Snack Food Selection Behavior in School-Aged Children in Aceh Besar in 2016". The results of the analysis showed there was a relationship of knowledge with the behavior of food selection in school-age children ($p = 0.015$)⁷.

Knowledge or cognitive is a very important domain for the formation of one's actions (overt behaviour). This is based on the experience of various studies that state that knowledge-based behavior will be more durable than behavior that is not based on knowledge. Knowledge including knowledge of nutrition, snacks, and snack food can be obtained through formal and informal education⁸. As for the knowledge studied in this study, students know things about safe snacks. These include the definition of safe snacks, the consequences of unsafe snacks, dangerous BTP (Food Additives) and their characteristics, the cleanliness and integrity of snacks, and efforts to maintain personal hygiene to prevent the occurrence of food insecurity. Based on the results of the distribution of the frequency of respondents' answers, it can be known that of the 75 respondents, the majority of students who answered the question correctly as many as 75 respondents (100%) were in the question about safe food to eat and wash their hands before eating. Then a minority of respondents answered 66

respondents(88.0%) to questions about the definition of safe snacks.

According to the researchers assumptions, the results of this study show that all respondents already know clean and closed food is a safe food to eat, then washing hands before eating is a way to prevent the onset of disease and one way to maintain personal hygiene but some of the respondents do not know the definition of safe snacks. This shows that students' knowledge of the selection of snack food is still lacking, knowledge is very related to the student's mindset towards the selection of safe or unsafe snack food so that if the student's knowledge is bad it will have an impact on the selection of snack food in schools that are not good or unsafe that will affect the health of the student.

The Relationship between Attitudes towards Snack Food and Selection of Snack Food

From the results of the chi square test statistics between attitudes towards snack food and the selection of snack food in school students in State Elementary School 33 Lubuklinggau City obtained a value of $p\text{-value} = 0.337$ ($p\text{-value} > 0.05$) so that it was concluded that there was no relationship between attitudes towards snack food and the selection of snack food in school students.

These results are in line with research conducted by Aisyah (2015) entitled "Relationship of Knowledge and Children's Attitudes towards Healthy Snack Food Selection Behavior in Muhammadiyah Elementary School 16 Karangasem Surakarta in 2015" that there is no pattern of tendency of relationship between attitudes and behavior of children choosing snack food. Respondents who are supportive do not necessarily have good behavior in choosing snack foods. This result was reinforced by pearson correlation test with a value of $\rho = 0.537$ which is greater than 0.05^9 .

According to Notoatmodjo (2007) explained that a child's attitude is an important component that is influential in choosing healthy snack foods. A child's positive attitude toward health may not have a direct impact on a child's behavior being positive, but a negative attitude toward health almost certainly has an impact on his or her behavior. The attitude referred to in this study is how the attitude of school children towards things about safe snacks. These include the definition of safe snacks, cleanliness and integrity of snacks, dangerous BTP and its characteristics, as well as efforts to maintain personal hygiene for prevention from food insecurity.

Based on the distribution of the frequency of respondents answers, the answer strongly agrees the most is on the question of buying snacks must be in a clean place with the number of respondents 13 people (17.3%) and the answer agrees mostly on questions that discuss the food that already smells

with the number of respondents as many as 71 people (94.7%). Of the 75 students studied, there were 2 students who got the highest score with a score of 60 and there was 1 student who got the lowest score with a score of 35. The average score obtained by students is 44.72.

According to the assumption of researchers, most of the attitudes of students towards the selection of snack food in the category of good / positive students do not necessarily show positive/good behavior as well, There are many factors that influence students in behaving well without being based on a good attitude such as imitating people around them including parents and peers can affect the attitude of students in choosing snack food because at school age, children are easier to imitate people around them.

The relationship between snack money and the selection of snack food

The results of the chi square test statistics between snack money and the selection of snack food obtained the result $p\text{-value} = 0.014$ ($p\text{-value} < 0.05$) so it can be concluded that there is a relationship between snack money and the selection of snack food. Where respondents who have high snack money are 2,100 times higher chance to choose good snack food compared to respondents who have low snack money (95% CI: 1,414-3,120). Of the 75 students studied, students who have the lowest snack money are Rp.2000 as many as 2 people and there is 1 student who has the highest snack money which is Rp.15,000. The average amount of students' snack money is Rp. 5000.

This result is in line with research conducted by Hatta et al (2018) which stated that snack money is related to the selection of student snack food with a value of $p\text{-value} = 0.003$ ($p\text{-value} < 0.05$)¹⁰.

According to Rosyidah and Andrias (2015) the provision of pocket money affects snack habits in school children. A larger amount of pocket money makes school children often eat snacks that they like regardless of nutritional content. They have the freedom to choose their own food and tend to buy interesting foods regardless of whether the food is nutritionally balanced or not. Incorrect food selection can ultimately affect a child's nutritional status¹¹.

According to the researchers' assumptions, the majority of respondents have snack money \geq Rp.5000 which is as many as 63 people (84.0%). When the child has a higher snack money \geq Rp. 5000 then children have the opportunity to consume more diverse snack foods including unhealthy snack foods so that snack money affects the selection of school children's snack food. The amount of snack money that parents give to children is related to the frequency of children's snacks. The greater the snack money

given to children, the more often children spend money to buy snacks.

In this study, snack money was the most dominant factor that influenced the selection of snack food in school students in SDN 33 Kota Lubuklinggau. When children who have a good selection of snack food, high knowledge about snack food and a positive attitude towards the selection of snack food are given high snack money then it will affect the selection of snack food, children have the opportunity to buy a variety of snacks including unhealthy and unsafe snacks around school. Conversely, when the child does not have a good selection of snack food, low knowledge of snack food and a negative attitude towards the selection of snack food and is not given snack money or does not have snack money to buy snacks then the child cannot buy and choose the snacks he wants.

High snack money without being supported by knowledge of good snack foods will be able to cause habits in eating snack foods. This is because children do not have knowledge of nutrition and healthy foods will cause them difficulty applying information related to nutrition and snack food, so they tend to choose foods that are cheap and tasty, regardless of their nutritional value. Then when the child is used to bringing provisions and used to breakfast, if still given snack money by his parents then the child has the opportunity to buy snacks around school.

The Relationship Between The Habit of Carrying Provisions and the Selection of Snack Food

The results of the study statistically showed $p\text{-value} = 0.024$ ($p\text{-value} < 0.05$) so it was concluded that there is a relationship between the habit of carrying provisions and the selection of snack food in elementary school students in SD Negeri 33 Lubuklinggau City. Where respondents who are accustomed or often carry provisions are 2,122 times higher in choosing good snack foods compared to respondents who are not accustomed or rarely carry provisions (95% CI: 1,077-4,182). This means that the habit of carrying provisions is a factor that affects the selection of snack food in school children.

This research is also in line with research conducted by Rahayu with the title "Factors Related to The Selection of Snack Food Of Gentan State Elementary School Students in 2018" based on the results of an analysis conducted on the relationship between the habit of carrying provisions and the selection of snack food obtained data that there is a meaningful relationship between the habit of carrying student supplies with the selection of snack food with a value of $p\text{-value} = 0.002$ ($p\text{-value} < 0.05$). This makes students have a high habit of buying snacks¹².

The habit of carrying provisions is one of the factors that make children have snack habits in school. Currently, the habit of children in bringing provisions to school is still lacking. Parents often prefer to give children more snack money so that children can buy snacks rather than provide provisions for children. This can happen because parents sometimes lack time to make children's supplies.

Based on the distribution of the frequency of respondents answers, most students in SD Negeri 33 Kota Lubuklinggau did not bring provisions to school. This means that students who are not used to bringing provisions to school can influence student behavior in the selection of snack food that is not good. This happens because some parents of students who do not accustom their children to bring provisions to school and give high enough snack money so that children can buy food at school. The habit of not carrying provisions will be an opportunity for students to consume snack foods that have not been guaranteed security and cleanliness.

The relationship between breakfast habits and the selection of snacks

From the results of the chi-square test statistics between breakfast habits and the selection of snack food in school students in State Elementary School 33 Lubuklinggau City obtained the results $p\text{-value} = 0.029$ ($p\text{-value} < 0.05$) so that it was concluded that there is a relationship between breakfast habits and the selection of snack food in school children. Where respondents who habitually or often fail to choose 1,833 times higher for good snacks compared to respondents who are not accustomed to or rarely have breakfast (95% CI: 1,096 - 3,067).

The results of this study are in line with research conducted by Norhasanah et al (2018) that there is a significant relationship between breakfast habits and snack food selection behavior with $p\text{-value} = 0.030$ ($p\text{-value} < 0.05$). Based on the research on breakfast habits with the behavior of choosing snacks, most students have the habit of having breakfast every day by 81.7%, of which most (51%) the behavior of choosing snacks is good¹³.

According to the researcher's assumptions, based on the results of this study, when children have good breakfast habits, they can meet their energy needs so that children's desire to snack at school is less. Meanwhile, children who have bad breakfast habits will increase their chances of having snacks at school more often. This means that it is important to have breakfast before going to school because it is related to the choice of snacks for children at school. In addition, breakfast will also make children more focused on learning. According to research conducted, students who rarely eat breakfast are

usually due to mothers who do not have time to provide breakfast and there are children who do not usually eat breakfast and if they eat breakfast they will have a stomach ache.

The Relationship between Peer Influence and Snack Food Choice

From the results of the study statistically showed $p\text{-value} = 0.049$ ($p\text{-value} > 0.05$) so that it was concluded that there was a relationship between peer influence and the choice of snacks for school students at SD Negeri 33 Lubuklinggau. Where respondents who are influenced by peers have a 1.780 times higher chance to choose good snacks compared to respondents who are not influenced by peers (95% CI: 1.145-2.768).

This research is in line with the research conducted by Chaisyah with the title "Factors Relating to the Selection of Snacks for Class V Students at Mis Al Hidayah, Mulioarjo Village, Sunggul District, Deli Serdang Regency in 2019" which states that there is a relationship between the influence of friends and the selection of snacks for students. with a $p\text{-value} = 0.014$ or $p\text{-value} < 0.05$, of the 97 respondents studied, 66 people (68.0%) had the influence of friends and 31 people (32.0%) had no friends¹⁴.

Peer groups generally consist of children of the same age, gender, ethnicity, and socioeconomic conditions and live close to each other so that they can go to school together. Peers have a strong influence on a child, including the behavior of children in consuming snacks.

Based on the frequency distribution of respondents answers, it can be seen that the respondents who answered YES the most were on questions about always inviting friends to the canteen as many as 64 people (85.3%). While the respondents who answered the least YES were 8 people (10.7%) for statements about deliberately not having breakfast from home.

According to the researcher's assumptions, most of the school students are influenced by their friends in choosing snacks at school. Seeing friends who buy snacks makes children buy the same snacks with their friends and always invites friends to buy snacks because they think that buying snacks with friends will make the friendship even closer.

Conclusion

Based on the research on factors related to the selection of snacks for school students at SD Negeri 33 Lubuklinggau, the following conclusions were obtained:

1. There is a significant relationship between knowledge about street food and the choice of street food for school students at SDN 33 Lubuklinggau City in 2021, with a value of ($p = 0.004$).
2. There is no significant relationship between attitudes and the choice of snacks for school students at SDN 33 Lubuklinggau City in 2021, with a value ($p = 0.337$).
3. There is a significant relationship between pocket money and the choice of snacks for school students at SDN 33 Lubuklinggau City in 2021, with a value ($p = 0.014$).
4. There is a relationship between the habit of bringing lunch and choosing snacks for school students at SDN 33 Lubuklinggau City in 2021, with a value ($p = 0.024$).
5. There is a significant relationship between breakfast habits and the choice of snacks for school students at SDN 33 Lubuklinggau City in 2021, with a value ($p = 0.029$).
6. There is a significant relationship between peer influence and the choice of snacks for school students at SDN 33 Lubuklinggau City in 2021, with a value ($p = 0.049$).
7. The most dominant factor related to the choice of snacks for school students at SDN 33 Lubuklinggau City is pocket money.

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