

## ABSTRAK

### HUBUNGAN PENGETAHUAN GIZI SEIMBANG, TINGKAT ASUPAN ENERGI, ZAT GIZI MAKRO, DAN *SCREEN TIME* DENGAN STATUS GIZI SISWA SMAN 11 BEKASI

Shafira Salsabila<sup>1</sup>, Erna Kusuma Wati<sup>2</sup>, Hiya Alfi Rahmah<sup>2</sup>

**Latar Belakang:** Remaja merupakan kelompok usia dengan fase pertumbuhan cepat yang menyebabkan peningkatan kebutuhan gizi remaja. Perubahan gaya hidup, perilaku, dan pemilihan makan yang terjadi pada remaja dapat mempengaruhi status gizi remaja. Pemilihan makanan dipengaruhi oleh pengetahuan gizi, kurangnya pengetahuan gizi dapat mempengaruhi asupan zat gizi remaja. Ketidakseimbangan asupan dengan kebutuhan dapat menyebabkan masalah gizi. Adanya pandemi COVID-19 menyebabkan ketergantungan tinggi pada peralatan elektronik, peningkatan *screen time* yang terjadi memunculkan perilaku sedentari yang dapat meningkatkan risiko obesitas. Penelitian ini bertujuan untuk mengetahui hubungan pengetahuan gizi seimbang, tingkat asupan energi, zat gizi makro, dan *screen time* dengan status gizi siswa SMAN 11 Bekasi.

**Metodologi:** Desain penelitian *cross-sectional* dan teknik pengambilan sampel *purposive sampling* dengan sampel 95 orang. Instrumen yang digunakan adalah kuesioner pengetahuan gizi seimbang dan *screen time*, SQ-FFQ, serta timbangan berat badan dan *microtoise*. Data dianalisis dengan uji *chi-square*.

**Hasil Penelitian:** Hasil analisis menunjukkan hubungan antara pengetahuan gizi seimbang ( $p=0,000$ ;OR=162), tingkat asupan energi ( $p=0,001$ ;OR=5,881), tingkat asupan protein ( $p=0,000$ ;OR=5,378), tingkat asupan karbohidrat ( $p=0,000$ ;OR=7,879), tingkat asupan lemak ( $p=0,028$ ;OR=2,643), dan *screen time* ( $p=0,000$ ) dengan status gizi siswa SMAN 11 Bekasi.

**Kesimpulan:** Ada hubungan pengetahuan gizi seimbang, tingkat asupan energi, zat gizi makro, dan *screen time* dengan status gizi siswa SMAN 11 Bekasi.

**Kata Kunci:** Pengetahuan Gizi Seimbang, Tingkat Asupan Energi, Tingkat Asupan Zat Gizi Makro, *Screen Time*, Status Gizi

<sup>1</sup>Mahasiswa Jurusan Ilmu Gizi FIKes Universitas Jenderal Soedirman

<sup>2</sup>Jurusan Ilmu Gizi FIKes Universitas Jenderal Soedirman

## ABSTRACT

### **CORRELATION BETWEEN BALANCED NUTRITION KNOWLEDGE, ENERGY AND MACRONUTRIENTS INTAKE LEVEL, AND SCREEN TIME WITH THE NUTRITIONAL STATUS OF STUDENTS AT 11 BEKASI SENIOR HIGH SCHOOL**

*Shafira Salsabila<sup>1</sup>, Erna Kusuma Wati<sup>2</sup>, Hiya Alfi Rahmah<sup>2</sup>*

**Background:** Adolescents are an age group with a rapid phase of growth which causes an increase in their nutritional needs. Changes in lifestyle, behavior, and food choices can affect their nutritional status. Food choice is influenced by nutritional knowledge, and the lack of nutritional knowledge can affect nutrient intake. An imbalance between nutrient intake and needs can cause a nutritional problem. The COVID-19 pandemic causes high dependence on electronic devices, the increase in screen time creates a sedentary behavior that can increase the risk of obesity. This study aimed to analyze the correlation between balanced knowledge nutrition, energy and macronutrients intake level, and screen time with the nutritional status of students at 11 Bekasi Senior High School.

**Methods:** Cross-sectional method and purposive sampling technique were used with 95 samples. The data was collected with balanced nutrition knowledge and screen time questionnaire, SQ-FFQ, weight scale and microtoise. Chi-square test was used to analyze the data.

**Results:** The correlation between balanced nutrition knowledge ( $p=0,000$ ;OR=162), energy intake level ( $p=0,001$ ;OR=5,881), protein intake level ( $p=0,000$ ;OR=5,378), carbohydrate intake level ( $p=0,000$ ;OR=7,879), fat intake level ( $p=0,028$ ;OR=2,64), and screen time ( $p=0,000$ ) with nutritional status of students at 11 Bekasi Senior High School.

**Conclusion:** There was a significant correlation between balanced nutrition knowledge, energy and macronutrients intake level, and screen time with the nutritional status of students at 11 Bekasi Senior High School.

**Keywords:** Balanced Nutrition Knowledge, Energy Intake Level, Macronutrients Intake Level, Screen Time, Nutritional Status

<sup>1</sup>Student of Nutrition Sciences Faculty of Health Sciences, Jenderal Soedirman University

<sup>2</sup>Department of Nutrition Sciences Faculty of Health Sciences, Jenderal Soedirman University