

ABSTRAK

HUBUNGAN ANTARA TINGKAT KECUKUPAN ENERGI, LEMAK, DAN AKTIVITAS FISIK DENGAN STATUS GIZI PADA REMAJA SMA DIPONEGORO SAMPANG

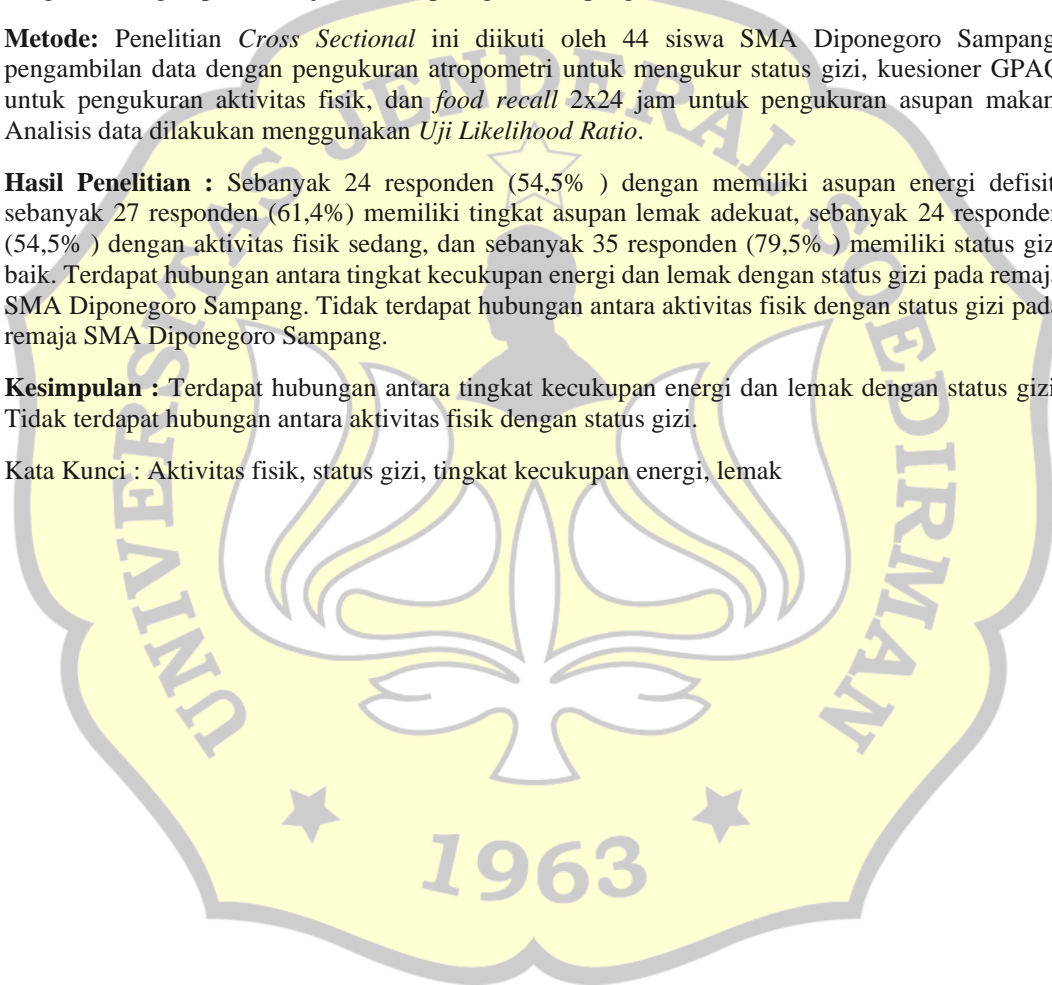
Latar Belakang : Masalah gizi kurang maupun gizi lebih rentan dialami remaja. Status gizi dipengaruhi oleh beberapa faktor seperti asupan energi, lemak dan aktivitas fisik. Berdasarkan data Riset Kesehatan Dasar (Riskesdas) tahun 2018 sebanyak 26,9% remaja berusia 16 sampai 18 tahun dengan status sangat pendek. Remaja dalam kelompok usia yang sama sebanyak 8,1% tergolong sangat kurus dan prevalensi obesitas sebanyak 13,5%. Oleh karena itu, peneliti tertarik melakukan penelitian untuk mengetahui hubungan antara tingkat kecukupan energi, lemak, dan aktivitas fisik dengan status gizi pada remaja SMA Diponegoro Sampang.

Metode: Penelitian *Cross Sectional* ini diikuti oleh 44 siswa SMA Diponegoro Sampang, pengambilan data dengan pengukuran antropometri untuk mengukur status gizi, kuesioner GPAQ untuk pengukuran aktivitas fisik, dan *food recall 2x24 jam* untuk pengukuran asupan makan. Analisis data dilakukan menggunakan *Uji Likelihood Ratio*.

Hasil Penelitian : Sebanyak 24 responden (54,5%) dengan memiliki asupan energi defisit, sebanyak 27 responden (61,4%) memiliki tingkat asupan lemak adekuat, sebanyak 24 responden (54,5%) dengan aktivitas fisik sedang, dan sebanyak 35 responden (79,5%) memiliki status gizi baik. Terdapat hubungan antara tingkat kecukupan energi dan lemak dengan status gizi pada remaja SMA Diponegoro Sampang. Tidak terdapat hubungan antara aktivitas fisik dengan status gizi pada remaja SMA Diponegoro Sampang.

Kesimpulan : Terdapat hubungan antara tingkat kecukupan energi dan lemak dengan status gizi. Tidak terdapat hubungan antara aktivitas fisik dengan status gizi.

Kata Kunci : Aktivitas fisik, status gizi, tingkat kecukupan energi, lemak



ABSTRACT

RELATIONSHIP BETWEEN LEVELS OF ENERGY ADEQUACY, FAT AND PHYSICAL ACTIVITY WITH NUTRITIONAL STATUS IN TEENAGERS AT DIPONEGORO HIGH SCHOOL SAMPANG

Background : Teenagers are more vulnerable to malnutrition and malnutrition problems. Nutritional status is influenced by several factors such as energy intake, fat and physical activity. Based on 2018 Basic Health Research (Riskesdas) data, 26.9% of teenagers aged 16 to 18 years were very short. 8.1% of teenagers in the same age group are classified as very thin and the prevalence of obesity is 13.5%. Therefore, researchers are interested in conducting research to determine the relationship between adequate levels of energy, fat and physical activity with nutritional status in teenagers at Diponegoro Sampang High School.

Method: This cross sectional research was attended by 44 students of Diponegoro Sampang High School, data was collected using anthropometric measurements to measure nutritional status, GPAQ questionnaires to measure physical activity, and 2x24 hour recall to measure food intake. Data analysis was carried out using the Likelihood Test.

Results: A total of 24 respondents (54.5%) had a deficit level of energy intake, 27 respondents (61.4%) had an adequate level of fat intake, 24 respondents (54.5%) had moderate physical activity, and 35 respondents (79%) .5%) have good nutritional status. There are a relationship between the level of energy and fat sufficiency and nutritional status in teenagers at Diponegoro Sampang High School. There are no relationship between physical activity and nutritional status in teenagers at Diponegoro Sampang High School.

Conclusion: There are a relationship between the level of adequate energy and fat and nutritional status. There are no relationship between physical activity and nutritional status.

Keywords: Energy adequacy level, fat, nutritional status, physical activity