

## ABSTRAK

### HUBUNGAN ANTARA TINGKAT ASUPAN KARBOHIDRAT, PROTEIN, LEMAK, SERAT DAN AKTIVITAS FISIK DENGAN KEJADIAN GIZI LEBIH DI SMP NEGERI 1 SOKARAJA

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**Pendahuluan** : Gizi lebih adalah suatu permasalahan gizi yang dialami remaja yang disebabkan oleh beberapa faktor. Tujuan penelitian ini untuk menganalisis hubungan antara tingkat asupan karbohidrat, protein, lemak, serat, dan aktivitas fisik dengan kejadian gizi lebih di SMP Negeri 1 Sokaraja.

**Metode** : Desain penelitian ini adalah observasional analitik dengan rancang *cross sectional*. Teknik pengambilan sampel menggunakan metode *purposive sampling* didapatkan sebanyak 53 siswa. Pengumpulan data tingkat asupan makan menggunakan *food record* 3 hari dan aktivitas fisik menggunakan *Physical Activity Questionnaire for Older Children (PAQ-C)*. Analisis data menggunakan uji *Pearson*.

**Hasil** : Penelitian menunjukkan bahwa sebagian besar responden berjenis kelamin perempuan 56,6%, status gizi gemuk 77,4%, tingkat asupan karbohidrat sangat kurang 58,5%, tingkat asupan protein sangat kurang 52,8%, tingkat asupan lemak sangat kurang 41,5%, tingkat asupan serat kurang 100%, dan aktivitas fisik rendah 100%. Hasil uji *Pearson* menunjukkan terdapat hubungan yang bermakna antara tingkat asupan karbohidrat  $p=0,000$ , protein  $p=0,016$ , lemak  $p=0,004$  dengan status gizi lebih. Tidak terdapat hubungan yang bermakna antara tingkat asupan serat  $p=0,481$ , dan aktivitas fisik  $p=0,459$  dengan status gizi lebih.

**Kesimpulan** : Terdapat hubungan yang bermakna antara tingkat asupan karbohidrat, protein dan lemak dengan status gizi lebih. Tidak terdapat hubungan yang bermakna antara tingkat asupan serat dan aktivitas fisik dengan status gizi lebih.

**Kata Kunci** : Status Gizi Lebih, Tingkat Asupan Zat Gizi, Aktivitas Fisik

## ABSTRACT

### **CORRELATION BETWEEN THE INTAKE LEVELS OF CARBOHYDRATE, PROTEIN, FAT, FIBER AND PHYSICAL ACTIVITIES WITH THE OCCURRENCE OF EXCESSIVE NUTRITION IN SMP NEGERI SOKARAJA**

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**Introduction** : Excessive nutrition is a teenager's nutritional problem which is caused by several factors. The purpose of this research is to analyze the correlation between the intake levels of carbohydrate, protein, fat, fiber, and physical activity with the occurrence of excessive nutrition in SMP Negeri 1 Sokaraja.

**Method** : The method of this study was observational analytic with cross sectional design. The sampling technique used was purposive sampling method, there were 53 students as the sample. The data collection used for food intake using a 3-day food records and physical activity using *Physical Activity Questionnaire for Older Children* (PAQ-C). The data analysis used in this research was Pearson test.

**Results** : The study showed that the majority of respondents were female 56.6%, have overweight nutritional status 77,4%, have very less intake level of carbohydrate 58,5%, have good intake level of protein 52,8%, have good intake level of fat 41,5%, have low intake level of fiber 100%, and have low physical activity 100%. Pearson test results showed that there was significant correlation between the level of carbohydrate intake  $p=0,000$ , protein  $p=0016$  and fat  $p=0,004$  with excessive nutrition. There was no correlation between the level of fiber intake  $p=0,481$  and physical activity  $p=0,4591$  with excessive nutrition.

**Conclusion** : There was significant correlation between the intake level of carbohydrate, protein, and fat. There was no significant correlation between the intake level of fiber and physical activity with excessive nutritional status in SMP Negeri 1 Sokaraja.

**Keywords** : Excessive Nutritional Status, Nutrition Intake Level, Physical Activity