

## Abstrak

# HUBUNGAN ANTARA ASUPAN ENERGI, PROTEIN, LEMAK, KARBOHIDRAT, AKTIVITAS FISIK DAN PERILAKU MAKAN DENGAN STATUS GIZI LEBIH (Studi Pada Remaja Status Gizi Lebih di SMA Negeri 4 Purwokerto)

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**Latar Belakang:** Gizi lebih adalah suatu permasalahan gizi yang dialami remaja yang disebabkan oleh beberapa faktor diantaranya asupan makan, perilaku makan, aktivitas fisik. Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat asupan makan, aktivitas fisik dan perilaku makan dengan status gizi lebih di SMA Negeri 4 Purwokerto.

**Metodologi:** Desain penelitian menggunakan rancangan *cross sectional* dengan sampel 31 responden. Pengambilan data asupan makan menggunakan kuesioner *food recall* 2 hari, aktivitas fisik menggunakan kuesioner *International Physical Activity Questionnaire* (IPAQ) dan perilaku makan menggunakan kuesioner perilaku makan. Analisis data menggunakan uji *Rank Spearman*.

**Hasil Penelitian:** Hasil penelitian sebagian besar sampel berjenis kelamin perempuan 51,6%, status gizi gemuk 74,2%, tingkat asupan energi sangat kurang 74,2%, tingkat asupan protein sangat kurang 64,5%, tingkat asupan lemak sangat kurang 67,7%, tingkat asupan karbohidrat sangat kurang 90,3%, aktivitas fisik ringan 58,1% dan perilaku makan kurang baik 77,4%. Hasil uji *Rank Spearman* menunjukkan terdapat hubungan antara asupan energi ( $p=0,003$ ,  $r=-0,509$ ), protein ( $p=0,014$ ,  $r=-0,436$ ), lemak ( $p=0,001$ ,  $r=-0,580$ ), aktivitas fisik ( $p=0,044$ ,  $r=-0,364$ ) dan perilaku makan ( $p=0,046$ ,  $r=0,362$ ) dengan status gizi lebih. Tidak terdapat hubungan antara persentase asupan karbohidrat  $p=0,186$  dengan status gizi lebih.

**Kesimpulan:** Terdapat hubungan antara persentase asupan energi, protein, lemak, aktivitas fisik dan perilaku makan dengan status gizi lebih. Tidak terdapat hubungan antara persentase

**Kata Kunci:** Status Gizi Lebih, Asupan Makan, Aktivitas Fisik, Perilaku Makan.

*Abstract*

**CORELATION BETWEEN THE ENERGY INTAKE,  
PROTEIN, FAT, CARBOHYDRATES, PHYSICAL ACTIVITY  
AND EATING BEHAVIOR WITH EXCESSIVE NUTRITION  
(Study on Adolescents With Excessive Nutrition at SMA Negeri 4  
Purwokerto)**

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**Background:** Excessive nutrition is a nutritional problem experienced by adolescents caused by several factors including food intake, eating behavior, physical activity. The purpose of this research is to found out whether there is the corelation between the persentase of energy intake, macro nutrition, physical activity and eating behavior with excessive nutrition of adolescents in Purwokerto 4 Senior High School.

**Methodology:** The study design used a cross sectional with a sample of 31 respondents. The data collection used for food intake using a 2 day food recall, physical activity using Physical Activity Questionnaire and eating behavior using eating behavior questionnaire. The data was analyzed by Rank Spearman test.

**Results:** The study showed that most of the sample were female 51,6%, have overweight nutritional status 74,2%, have very less intake of energy 74,2%, have very less intake of protein 64,5%, have very less intake of fat 67,7%, have very less intake of carbohydrate 90,3%, have low physical activity 58,1% and have not good eating behavior 77,4%. Rank Spearman test result showed that there was significant corelation between of energy intake ( $p=0,003$ ,  $r=-0,509$ ), protein ( $p=0,014$ ,  $r=-0,436$ ), fat ( $p= 0,001$ ,  $r=-0580$ ), physical activity ( $p=0,044$ ,  $r=-0,364$ ) and eating behavior ( $p=0,046$ ,  $r=0,362$ ) with excessive nutrition. There was no correlation between the persentage of carbohydrate intake  $p=0,186$  with excessive nutrition.

**Conclusion:** There was significant corelation between the persentage of energy intake, protein, fat, physical activity and eating behavior with excessive nutrition. There was no significant corelation between the persentage of carbohydrate intake with excessive nutrition.

**Keywords:** Excessive nutrition, persentage of energy intake, persentage of macro nutrient intake, Physical activity, Eating Behavior.