

ABSTRAK

Cantika Nanggroe Putri Nandita

HUBUNGAN ASUPAN ZAT GIZI MAKRO DAN AKTIVITAS FISIK DENGAN STATUS GIZI PADA SISWA DI SMP NEGERI 44 SURABAYA

xiii + 115 Halaman + 13 Tabel + 9 Lampiran

Status gizi adalah representasi kondisi tubuh yang dipengaruhi oleh asupan zat gizi dari makanan yang dikonsumsi. Aktivitas fisik adalah gerakan tubuh yang dilakukan oleh otot rangka menggunakan energi, termasuk semua gerakan baik saat bersantai maupun saat bekerja. Tujuan Penelitian untuk mengetahui Hubungan Asupan Zat Gizi Makro dan Aktivitas Fisik dengan Status Gizi Pada Siswa di SMP Negeri 44 Surabaya.

Desain penelitian *cross-sectional* analitik observasional. Data dikumpulkan melalui pengukuran antropometri meliputi berat badan dan tinggi badan, wawancara *food recall* selama 2x24 jam, dan wawancara mengenai aktivitas fisik menggunakan *form activity* selama 2x24 jam. Sampel penelitian 55 Siswa secara *random sampling*. Status gizi dinilai menggunakan indeks IMT/U, *form recall* 2x24 jam, dan form PAL (*Physical Activity Level*) data dianalisis menggunakan SPSS 22,0, dengan uji chi square dengan kemaknaan 95%.

Hasil penelitian menunjukkan Siswa berusia 13 tahun sebanyak 54,5%, jenis kelamin perempuan 61,8%. Secara umum siswa memiliki asupan zat gizi makro dalam kategori berlebih, terutama pada zat gizi energi (83,6%), protein (76,4%), dan lemak (61,8%). Sementara itu, asupan karbohidrat kategori normal (52,7%). Aktivitas fisik siswa tergolong ringan (76,4%) Status gizi lebih (56,4%) gizi normal 30,9%, dan gizi kurang 12,7%. Terdapat hubungan signifikan antara asupan energi, lemak, karbohidrat, dan aktivitas fisik dengan status gizi siswa, ditunjukkan oleh nilai $p\text{-value} < 0,05$. Tidak terdapat hubungan signifikan antara asupan protein dan status gizi siswa ($p = 0,073$).

Kata kunci: Asupan Gizi Makro, Aktivitas Fisik, Status Gizi, Remaja
Daftar bacaan: 15 buku (2017-2022)

ABSTRACT

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***RELATIONSHIP OF MAKRO NUTRITION AND PHYSICAL ACTIVITY
WITH NUTRITION STATUS IN STUDENTS AT SMP NEGERI 44 SURABAYA***

xiii + 115 Pages + 13 Tables + 9 Attachments

Nutritional status is a representation of the body's condition that is affected by the intake of nutrients from the food consumed. Physical activity is a body movement performed by skeletal muscles using energy, including all movements both at leisure and at work. The purpose of the study was to determine the relationship between Macronutrient Intake and Physical Activity with Nutritional Status in Students at SMP Negeri 44 Surabaya.

Observational analytical cross-sectional research design. Data were collected through anthropometric measurements including weight and height, food recall interviews for 2x24 hours, and interviews regarding physical activity using form activity for 2x24 hours. The research sample of 55 siswats was randomly sampling. Nutritional status was assessed using the BMI/U index, 2x24-hour recall form, and PAL (Physical Activity Level) form data were analyzed using SPSS 22.0, with a chi square test with a significance of 95%.

The results showed that 54.5% of siswats were 13 years old, 61.8% were female. Most students have macronutrient intake in the excess category, especially in energy (83.6%), protein (76.4%), and fat (61.8%). Meanwhile, carbohydrate intake is in the normal category (52.7%). Physical activity of students was relatively light (76.4%), nutritional status was over (56.4%), normal nutrition was 30.9%, and malnutrition was 12.7%. There was a significant relationship between energy, fat, carbohydrate, and physical activity intake and nutritional status of students, indicated by a p-value of < 0.05 . There was no significant relationship between protein intake and nutritional status of students ($p = 0.073$).

Keywords: *Macronutrient Intake, Physical Activity, Nutritional Status, Adolescents*
Reference: *15 books (2017-2022)*