

## ABSTRAK

Adibah Juriah Putri Riawan

### GAMBARAN POLA ASUPAN GIZI SEIMBANG DAN STATUS GIZI PADA SISWA SMA WIJAYA PUTRA SURABAYA

vi + 44 Halaman + 10 Tabel + 9 Lampiran

Asupan gizi yang tidak seimbang berdampak pada status gizi seperti *underweight*, *overweight*, dan obesitas, yang dapat memengaruhi perkembangan fisik dan mental remaja. Penelitian ini bertujuan untuk menggambarkan pola asupan gizi seimbang dan status gizi siswa SMA Wijaya Putra Surabaya.

Jenis penelitian deskriptif digunakan dalam penelitian ini dengan teknik pengambilan sampel *proportional random sampling* sebanyak 167 responden. Data primer dikumpulkan menggunakan form SQ-FFQ dan pengukuran antropometri (berat badan dan tinggi badan), kemudian dianalisis berdasarkan standar IMT WHO 2007. Analisis data yang digunakan adalah analisis univariat.

Hasil penelitian menunjukkan bahwa 56,9% siswa memiliki status gizi normal, 21,0% kurus, 5,4% *overweight*, dan 16,8% obesitas. Selain itu, 71,9% siswa memiliki pola asupan gizi beragam dan 28,1% kurang beragam. Mayoritas siswa memiliki status gizi normal dan pola asupan beragam, namun masih terdapat ketidakseimbangan gizi pada sebagian siswa.

Disarankan agar siswa meningkatkan kesadaran gizi, sekolah menyelenggarakan edukasi dan menyediakan makanan sehat, serta orang tua mendukung pola makan seimbang di rumah. Temuan ini menekankan pentingnya edukasi gizi dan pemantauan pola makan di lingkungan sekolah guna meningkatkan status gizi remaja secara optimal.

Kata kunci: *nutrisi seimbang, status gizi, remaja, SMA Wijaya Putra*

Daftar bacaan: 23 buku (2008–2024)

## ABSTRACT

Adibah Juriah Putri Riawan

*OVERVIEW OF BALANCED NUTRITION INTAKE PATTERNS AND NUTRITIONAL STATUS AMONG STUDENTS OF SMA WIJAYA PUTRA SURABAYA*

vii + 44 Pages + 10 Tables + 9 Appendices

*Unbalanced nutritional intake can lead to nutritional issues such as underweight, overweight, and obesity, which can affect the physical and mental development of adolescents. This study aimed to describe the balanced nutrition intake patterns and nutritional status of students at SMA Wijaya Putra Surabaya.*

*A descriptive research design was used with proportional random sampling involving 167 respondents. Primary data were collected using the SQ-FFQ form and anthropometric measurements (weight and height), then analyzed using WHO 2007 BMI standards through univariate analysis.*

*The results showed that 56.9% of students had normal nutritional status, 21.0% were underweight, 5.4% were overweight, and 16.8% were obese. In terms of diet, 71.9% had a diverse intake pattern, while 28.1% had a less varied diet. Although the majority of students had normal nutritional status and a diverse intake, imbalances still existed among some students.*

*It is recommended that students enhance nutrition awareness, schools provide regular nutrition education and healthy food options, and parents support balanced eating habits at home. These findings highlight the importance of school-based nutrition education and monitoring to improve adolescent nutritional status optimally.*

*Keywords : balanced nutrition, nutritional status, adolescents, SMA Wijaya Putra  
References : 21 books (2006–2024)*