ABSTRAK

Rif'atul Hamidah
HUBUNGAN ASUPAN ZAT GIZI MAKRO, MIKRO (Fe), DAN AKTIVITAS FISIK DENGAN STATUS GIZI REMAJA MTs DARUL HIKAM KABUPATEN LAMONGAN
xvii + 71 Halaman + 16 Tabel + 14 Lampiran

Latar Belakang : saat ini masalah gizi yang sering dialami remaja yaitu permasalahan gizi lebih, gizi kurang, dan anemia defisiensi besi. Akar dari permasalahan tersebut yaitu asupan makan yang kurang baik. Selain asupan makan, faktor lain yang mempengaruhi status gizi yaitu aktivitas fisik. **Tujuan**: Menganalisis Hubungan Asupan Zat Gizi Makro, mikro (Fe), dan aktivitas fisik dengan status gizi. **Metode** : Observasional analitik digunakan dalam penelitian ini. Sebanyak 53 responden remaja menjadi sampel. Teknik pengumpulan data dengan cara wawancara menggunakan Formulir Recall 2 x 24 jam dan formulir aktivitas fisik PAL serta pengukuran TB dan BB. **Hasil** : Sebagian besar asupan energi dalam kategori normal sebanyak 21 remaja (39,6%), asupan protein dengan kategori normal sebanyak 23 remaja (43,4%), asupan lemak dengan kategori normal sebanyak 26 remaja (49,1%), asupan karbohidrat dengan kategori normal sebanyak 18 remaja (34%), asupan Fe dengan kategori normal sebanyak 23 remaja (43,3%), aktivitas fisik dengan kategori ringan sebanyak 33 remaja (62,3%). Dan status gizi dengan kategori gizi baik sebanyak 32 remaja (60,4%). **Kesimpulan** : Ada hubungan yang sigifikan antara asupan zat gizi makro dengan status gizi, dan tidak ada hubungan antara zat gizi mikro (Fe) dengan status gizi, serta tidak ada hubungan antara aktivitas fisik dengan status gizi.

Kata kunci : Asupan Zat Gizi Makro dan Mikro (Fe), Aktivitas Fisik, Status Gizi, Remaja
Daftar bacaan : 7 buku (2018-2023)

ABSTRACT

Rif'atul Hamidah
THE RELATIONSHIP BETWEEN MACRO, MICRO NUTRIENT INTAKE (Fe), AND PHYSICAL ACTIVITY WITH THE NUTRITIONAL STATUS OF ADOLESCENTS AT MTs DARUL HIKAM, LAMONGAN REGENCY
xvii + 71 *Pages* + 16 *Tables* + 14 *Appendices*

***Background**: Currently, the nutritional problems commonly experienced by adolescents are overnutrition, undernutrition, and iron deficiency anemia. The root cause of these issues is inadequate dietary intake. In addition to dietary intake, other factors influencing nutritional status include physical activity.* ***Objective**: To analyze the relationship between macronutrient and micronutrient (Fe) intake, physical activity, and nutritional status.* ***Method**: An observational analytical study was conducted in this research. A total of 53 adolescent respondents were included in the sample. Data collection techniques included interviews using a 2 x 24-hour recall form and a physical activity questionnaire (PAL), as well as measurements of height and weight.* ***Results**: Most energy intake was in the normal category, with 21 adolescents (39.6%), protein intake in the normal category with 23 adolescents (43.4%), fat intake in the normal category was 26 adolescents (49.1%), carbohydrate intake in the normal category was 18 adolescents (34%), iron intake in the normal category was 23 adolescents (43.3%), and physical activity in the light category was 33 adolescents (62.3%). And nutritional status in the good category for 32 adolescents (60.4%).* ***Conclusion**: There is a significant relationship between macronutrient intake and nutritional status, and no relationship between micronutrients (Fe) and nutritional status, as well as no relationship between physical activity and nutritional status.*

Keywords : Macronutrient and Micronutrient Intake (Fe), Physical Activity, Nutritional Status, Adolescents
References : 7 books (2018-2023)