

ABSTRAK

Amelia Vira Nursadrina

HUBUNGAN ASUPAN ZAT GIZI DAN AKTIFITAS FISIK DENGAN STATUS GIZI REMAJA KELAS X SMK NEGERI 10 SURABAYA

xx + 110 Halaman + 20 Tabel + 12 Lampiran

Pendahuluan: Status gizi dipahami menjadi kondisi jasmani berupa merepresentasikan keselarasan mencakup konsumsi unsur nutrisi bersama keperluan jasmani. Kondisi nutrisi untuk remaja terpengaruh dari beragam faktor, yakni konsumsi komponen utama serta gerak tubuh. Ketimpangan mencakup protein, konsumsi energi, lemak, karbohidrat, dan rendah atau tingginya kegiatan fisik yang mampu menaikkan risiko kemunculan persoalan nutrisi, baik kekurangan nutrisi ataupun kelebihan nutrisi. **Tujuan:** Sasaran riset berikut yaitu menyelenggarakan penelaahan keterkaitan konsumsi unsur nutrisi serta gerak tubuh atas kondisi nutrisi remaja kelas X SMK Negeri 10 Surabaya tahun 2026. **Metode:** Rancangan observasional analitis digunakan dalam riset berikut memakai perspektif lintas bagian. Total sampel penelitian mencapai 90 partisipan ditarik memakai mekanisme penarikan acak proporsional. Informasi konsumsi unsur nutrisi (kalori, protein, lipid, serta karbohidrat) didapat menerapkan prosedur pencatatan asupan terdahulu 2×24 jam, kuesioner PAL dimanfaatkan dalam pengukuran aktivitas fisik, sedangkan penentuan status gizi melalui IMT/U. Pengujian *spearman* diterapkan guna menganalisis data. **Hasil:** Temuan yang didapat menjelaskan terdapatnya hubungan signifikan mencakup konsumsi kalori atas kondisi nutrisi ($p=0,000$), konsumsi protein melalui kondisi nutrisi ($p=0,000$), konsumsi lipid melalui kondisi nutrisi ($p=0,000$), dan konsumsi karbohidrat melalui kondisi nutrisi ($p=0,000$). Namun, tak terdapat keterkaitan kuat mencakup gerak tubuh atas kondisi nutrisi ($p=0,053$). Responden dengan konsumsi zat gizi normal cenderung memiliki kondisi nutrisi secara wajar, sementara itu responden yang asupannya defisit maupun berlebih cenderung mempunyai status gizi tidak normal. **Kesimpulan:** Terdapat keterkaitan konsumsi unsur nutrisi (kalori, protein, lipid, serta karbohidrat) atas kondisi nutrisi remaja kelas X SMK Negeri 10 Surabaya, tetapi tak dijumpai keterkaitan gerak tubuh atas kondisi nutrisi. Upaya dalam memenuhi konsumsi unsur nutrisi secara berimbang menjadi hal urgensi guna menjaga normalnya status gizi pada siswa.

Kata kunci: status gizi, asupan energi, protein, lemak, karbohidrat, aktivitas fisik, remaja

Daftar Pustaka: 2 buku 40 jurnal (2020–2026)

ABSTRACT

Amelia Vira Nursadrina

THE RELATIONSHIP BETWEEN MACRONUTRIENT INTAKE AND PHYSICAL ACTIVITY WITH THE NUTRITIONAL STATUS OF TENTH GRADE ADOLESCENTS AT SMK NEGERI 10 SURABAYA

xx + 110 Pages + 20 Tables + 12 Appendices

Background: Introduction: Nutritional status reflects the equilibrium between the body's nutritional requirements and the nutrients actually consumed. In adolescents, this status may be influenced by various determinants, particularly consumption of macronutrients and levels of bodily movement. When energy, protein, fat, and carbohydrate consumption is not properly balanced, or when physical activity is excessively low or high, the likelihood of malnutrition rises—encompassing both undernutrition and overnutrition. **Objective:** This research examined the association between dietary consumption and bodily movement levels in relation to the nutrition condition of tenth-grade learners attending SMK Negeri 10 Surabaya in 2026. **Methods:** The research applied an analytic observational framework using a single-period approach. Ninety participants were recruited through proportional random sampling. Nutrient consumption covering energy, protein, fat, and carbohydrates was assessed through a pair of 24-hour dietary intake records. Bodily movement levels were assessed through the PAL questionnaire, while nutrition condition was assessed according to age-specific BMI (BMI/A). The Spearman rank correlation test was employed for data analysis. **Results:** Significant associations were identified between nutritional status and each of the following: calorie consumption ($p=0.000$), protein consumption ($p=0.000$), lipid consumption ($p=0.000$), as well as carbohydrate consumption ($p=0.000$). By contrast, bodily movement displayed no meaningful association with nutrition condition ($p=0.053$). Students who consumed sufficient nutrients generally exhibited normal nutritional status, while those with either insufficient or excessive intake were more prone to abnormal nutritional status. **Conclusion:** A meaningful association was confirmed between nutrient consumption—calories, protein, lipids, as well as carbohydrates—with nutritional status among grade-ten learners attending SMK Negeri 10 Surabaya, whereas physical activity was not significantly related. Maintaining balanced and sufficient nutrient consumption serves an essential function in maintaining normal nutritional status during adolescence.

Keywords: nutritional status, energy intake, protein intake, fat intake, carbohydrate intake, physical activity, adolescents

References: 2 books and 40 journals (2020–2026)