

ABSTRAK

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HUBUNGAN POLA MAKAN ZAT GIZI MAKRO DAN MIKRO DENGAN
STATUS GIZI SISWA SMP YAPITA SURABAYA

1x + 98 Halaman + 18 Tabel + 8 Lampiran

Pada status gizi remaja banyak faktor yang mempengaruhi, salah satunya yaitu pola konsumsi zat gizi makro dan mikro. Pola konsumsi yang tidak seimbang dapat meningkatkan risiko terjadinya permasalahan gizi, gizi lebih atau pun gizi kurang. Penelitian ini dilakukan untuk analisa hubungan pola konsumsi zat gizi makro dan mikro dengan status gizi siswa SMP Yapita Surabaya.

Penelitian ini dirancang sebagai penelitian analitik observasional menggunakan pendekatan cross sectional. Sampel penelitian ditetapkan sebanyak 70 siswa dan pemilihan berdasarkan teknik proportional random sampling. Menggunakan Semi Quantitative Food Frequency Questionnaire (SQ-FFQ) untuk mendapatkan pola konsumsi dan dihitung dengan Tabel Komposisi Pangan Indonesia (TKPI), sedangkan status gizi ditentukan berdasarkan Indeks Massa Tubuh menurut Umur (IMT/U). Analisis data menggunakan uji Spearman Rank dengan taraf signifikansi 5% dilakukan secara univariat dan bivariat.

Hasil penelitian menunjukkan bahwa sebagian besar responden dikategorikan memiliki pola konsumsi zat gizi makro kategori baik (58,6%) dan pola konsumsi zat gizi mikro kategori baik (58,6%). Sebagian besar responden dikategorikan memiliki status gizi baik (65,7%). Berdasarkan Spearman Rank ditemukan ada hubungan signifikan antara pola konsumsi zat gizi makro dengan status gizi ($p = 0,047$). Sebaliknya, tidak ditemukan ada hubungan signifikan antara pola konsumsi zat gizi mikro dengan status gizi ($p = 0,823$).

Disimpulkan bahwa pola konsumsi zat gizi makro berhubungan dengan status gizi siswa SMP Yapita Surabaya, sedangkan pola konsumsi zat gizi mikro tidak ditemukan hubungan secara signifikan dengan status gizi. Penerapan pola konsumsi yang beragam, bergizi seimbang, dan sesuai kebutuhan gizi perlu ditingkatkan untuk mendukung pertumbuhan dan mempertahankan status gizi remaja.

Kata Kunci: *pola konsumsi, zat gizi makro, zat gizi mikro, status gizi, remaja*

Daftar Bacaan: 50 Buku (2021-2025)

ABSTRACT

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THE RELATIONSHIP BETWEEN MACRO AND MICRONUTRIENT INTAKE PATTERNS AND NUTRITIONAL STATUS AMONG SMP YAPITA SURABAYA STUDENTS

1x + 98 Pages + 18 Tables + 8 Appendices

Adolescent nutritional status is influenced by various factors, one of which is the consumption pattern of macronutrients and micronutrients. Unbalanced consumption patterns can increase the risk of nutritional problems, ranging from undernutrition to overnutrition. This study aimed to analyze the relationship between macronutrient and micronutrient consumption patterns and the nutritional status of students at Yapita Junior High School, Surabaya.

This study employed an observational analytic design with a cross-sectional approach. A sample of 70 students was selected using proportional random sampling. Consumption pattern data were obtained via a Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ) and calculated using the Indonesian Food Composition Table (TKPI), while nutritional status was determined based on the Body Mass Index-for-Age (BMI/A) index. Data analysis was conducted using univariate and bivariate methods, specifically the Spearman Rank test, with a significance level of 5%.

The results showed that the majority of respondents fell into the "good" category for both macro-nutrient (58.6%) and micro-nutrient (58.6%) consumption patterns. Most respondents were also categorized as having good nutritional status (65.7%). The Spearman Rank test revealed a significant relationship between macro-nutrient consumption patterns and nutritional status ($p = 0.047$). Conversely, no significant relationship was found between micro-nutrient consumption patterns and nutritional status ($p = 0.823$).

It can be concluded that macro-nutrient consumption patterns are associated with the nutritional status of SMP Yapita Surabaya students, whereas no significant relationship was found between micro-nutrient consumption patterns and nutritional status. The adoption of diverse, nutritionally balanced consumption patterns that meet nutritional needs should be encouraged to support growth and maintain the nutritional status of adolescents.

Keywords: *consumption patterns, macronutrients, micronutrients, nutritional status, adolescents*

References: 50 sources (2021-2025)