

ABSTRAK

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HUBUNGAN POLA KONSUMSI DAN STATUS GIZI SISWA KELAS 8 SMP NEGERI 62 SURABAYA

Xvii + 92 Halaman + 10 Tabel + 4 Gambar + 9 Lampiran

Latar Belakang: Kondisi gizi pada usia remaja merupakan aspek kesehatan yang amat dipengaruhi oleh kebiasaan makan, baik dari segi variasi jenis, kerapatan frekuensi, maupun kuantitas makanan yang dikonsumsi. **Tujuan:** Penelitian ini bertujuan mengidentifikasi keterkaitan antara kebiasaan konsumsi harian dan status gizi peserta didik kelas VIII di SMP Negeri 62 Surabaya. **Metode:** Mengusung pendekatan cross-sectional, studi ini melibatkan 90 murid sebagai sampel. Informasi mengenai kebiasaan makan dikumpulkan melalui instrumen semi-quantitative food frequency questionnaire (SQ-FFQ), sedangkan penilaian status gizi diukur berdasarkan indeks IMT/U. Pengolahan data statistik dilakukan memakai uji korelasi Spearman-rho. **Hasil:** Temuan menunjukkan mayoritas subjek tergolong memiliki pola konsumsi kategori kurang, yaitu 73 siswa (81,1%) dan status gizi normal sebanyak 36 siswa (40%). Hasil uji statistik menunjukkan nilai *p-value* 0,145 (*p* 0,05) **Kesimpulan:** Tidak terdapat korelasi yang signifikan antara kebiasaan konsumsi makanan dan status gizi pada siswa kelas VIII SMP Negeri 62 Surabaya.

Kata kunci: pola konsumsi, status gizi

Jumlah bacaan: 4 buku+46 jurnal+3 laporan+1 pergub+1 permenkes (2016-2025)

ABSTRACT

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THE RELATIONSHIP BETWEEN CONSUMPTION PATTERNS AND NUTRITIONAL STATUS OF 8TH GRADE STUDENTS OF SMP Negeri 62 SURABAYA

XVII + 92 Pages + 10 Tables + 4 Figures + 9 Appendices

Background: Adolescent nutritional status represents a critical health aspect that is substantially influenced by dietary habits, encompassing food diversity, consumption frequency, and portion size. **Objective:** This study aimed to identify the association between daily dietary intake and the nutritional status of 8th-grade students at SMP Negeri 62 Surabaya. **Method:** Employing a cross-sectional approach, this research included a sample of 90 students. Information regarding dietary habits was collected using a semi-quantitative food frequency questionnaire (SQ-FFQ), while nutritional status was evaluated based on the BMI-for-age index. Statistical analysis was conducted using the Spearman-rho correlation test. **Results:** The findings indicated that the majority of participants had inadequate dietary patterns, 73 students (81,1%), and 36 students (40%) had normal nutritional status. The statistical test results showed a p-value of 0.145 (p.0.05). **Conclusion:** There is no significant correlation between dietary habits and nutritional status among 8th-grade students at SMP Negeri 62 Surabaya.

Keywords: consumption patterns, nutritional status

Number of readings: 4 books + 46 journals + 3 reports + 1 gubernatorial regulation + 1 health regulation (2016-2025)