

ABSTRAK

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HUBUNGAN POLA MAKAN DAN AKTIVITAS FISIK DENGAN STATUS GIZI PADA REMAJA DI SMP Dr. SOETOMO SURABAYA

1x + 126 Halaman + 16 Tabel + 15 Lampiran

Tingginya kebutuhan zat gizi selama masa pertumbuhan membuat remaja tergolong rentan mengalami masalah gizi, dengan pola makan tidak seimbang dan rendahnya aktivitas fisik menjadi dua faktor utama yang memengaruhinya. Penelitian ini dilakukan untuk mengidentifikasi gambaran pola makan, aktivitas fisik, dan status gizi remaja, serta menganalisis hubungan keduanya dengan status gizi pada siswa kelas VII dan VIII SMP Dr. Soetomo Surabaya. Desain *cross-sectional* diterapkan pada penelitian ini terdiri atas 61 siswa yang dipilih berdasarkan *proportionate stratified random sampling*. Pengumpulan data pola makan menggunakan formulir *Semi-Quantitative Food Frequency Questionnaire* (SQ-FFQ), data aktivitas fisik menggunakan formulir *Physical Activity Level* (PAL), sedangkan status gizi dinilai melalui pengukuran antropometri IMT/U berdasarkan Permenkes Nomor 2 Tahun 2020, dengan hubungan antar variabel dianalisis menggunakan uji korelasi *Spearman Rank*. Hasil penelitian menunjukkan bahwa 54,1% responden memiliki pola makan baik, namun 67,2% di antaranya tetap mengalami defisit jumlah makan (ringan, sedang, maupun berat). Sebanyak 52,4% siswa beraktivitas fisik kategori tidak aktif atau ringan, belum memenuhi rekomendasi WHO minimal 60 menit per hari. Status gizi responden didominasi oleh gizi kurang (42,6%), diikuti gizi baik (27,9%), gizi buruk (16,4%), serta gizi lebih dan obesitas yang masing-masing sebesar 6,6%, sehingga total 59,0% responden mengalami masalah kekurangan gizi. Hasil uji korelasi *Spearman Rank* menunjukkan terdapat hubungan yang signifikan antara pola makan dengan status gizi ($\rho = -0,444$; $p < 0,001$) dengan kekuatan korelasi sedang, serta antara aktivitas fisik dengan status gizi ($\rho = 0,273$; $p = 0,033$) dengan kekuatan korelasi lemah. Oleh karena itu, perlu dilakukan intervensi terpadu berupa edukasi gizi, perbaikan pola makan, dan peningkatan aktivitas fisik yang dilakukan secara berkelanjutan oleh pihak sekolah.

Kata kunci: Aktivitas fisik, Pola makan, Remaja, Status gizi

Daftar bacaan: 16 referensi jurnal dan 4 buku (2012–2025)

ABSTRACT

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THE RELATIONSHIP BETWEEN DIETARY PATTERNS AND PHYSICAL ACTIVITY WITH NUTRITIONAL STATUS AMONG ADOLESCENTS AT Dr. SOETOMO JUNIOR HIGH SCHOOL IN SURABAYA

1x + 126 Pages + 16 Tables + 15 Appendices

Adolescents represent a population at risk of nutritional disorders due to their high nutritional needs during growth, while an unbalanced diet with inadequate physical activity also contributing substantially affecting their nutritional status. This study aims to identify food consumption patterns, physical activity behavior, and nutritional status, as well as to analyze the relationship between these factors and nutritional status among seventh and eighth grade students at Dr. Soetomo Junior High School in Surabaya. A cross-sectional study approach was applied, involving 61 students selected through proportionate stratified random sampling. Dietary data were collected using the Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ) was used to assess dietary intake, whereas physical activity was evaluated using the Physical Activity Level (PAL) questionnaire, and Body mass index in relation to age (BMI-for-age) was used to determine nutritional status in accordance with Regulation No. 2 of 2020 issued by the Ministry of Health. The relationships among the variables were assessed through Spearman's rank correlation test. The analysis revealed that 54.1% of respondents had good eating habits, yet 67.2% still had insufficient food intake (mild, moderate, or severe). A total of 52.4% of students were physically inactive or engaged in only light physical activity, falling short of the WHO recommendation of at least 60 minutes per day. Nutritional status was predominantly characterized by undernutrition (42.6%), followed by adequate nutrition (27.9%), malnutrition (16.4%), and overweight and obesity at 6.6% each, meaning that a total of 59.0% of respondents experienced malnutrition. Correlation tests revealed a statistically significant association of dietary patterns with nutritional status ($p = -0.444$; $p < 0.001$) of moderate strength, along with the association linking physical activity to nutritional status ($p = 0.273$; $p = 0.033$) of weak strength. A comprehensive intervention is needed, consisting of nutrition education, dietary improvements, and increased physical activity, carried out on an ongoing basis by the school.

Keywords: Physical activity, Dietary patterns, Adolescents, Nutritional status

References: 16 journal articles and 4 books (2012–2025)