

ABSTRAK

Resti Pangestuti

HUBUNGAN ASUPAN ZAT GIZI MAKRO, *ZINC* DAN AKTIVITAS FISIK
DENGAN STATUS GIZI PADA REMAJA DI SMP ASA CENDEKIA SEDATI
SIDOARJO

xiv + 24 Tabel + 9 Lampiran

Masalah gizi pada remaja masih menjadi perhatian karena tingginya kejadian gizi kurang, gizi lebih, dan obesitas yang dapat memengaruhi pertumbuhan dan kesehatan. Status gizi remaja dipengaruhi oleh berbagai faktor, di antaranya asupan zat gizi dan aktivitas fisik. Ketidakseimbangan antara asupan zat gizi dengan kebutuhan tubuh serta rendahnya aktivitas fisik dapat memengaruhi status gizi remaja. Berdasarkan studi pendahuluan di SMP Asa Cendekia Sedati Sidoarjo masih ditemukan siswa dengan status gizi kurang, gizi lebih, dan obesitas.

Penelitian ini bertujuan untuk menganalisis Hubungan Asupan Zat Gizi Makro, *Zinc* Dan Aktivitas Fisik Dengan Status Gizi Pada Remaja Di SMP Asa Cendekia Sedati Sidoarjo. Penelitian menggunakan desain *observasional analitik* dengan pendekatan *cross sectional*. Sampel penelitian berjumlah 70 responden yang dipilih menggunakan teknik *stratified random sampling*. Data asupan zat gizi diperoleh melalui *recall* 2×24 jam, aktivitas fisik diukur menggunakan kuesioner *Physical Activity Level* (PAL), dan status gizi ditentukan berdasarkan Indeks Massa Tubuh menurut Umur (IMT/U). Analisis data dilakukan menggunakan uji korelasi Spearman.

Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki status gizi normal, namun masih ditemukan status gizi kurang, gizi lebih, dan obesitas. Terdapat hubungan antara asupan energi, protein lemak, dan karbohidrat dengan status gizi ($p < 0,05$). Tidak terdapat hubungan antara asupan *zinc* dengan status gizi ($p = 0,519$). Selain itu, terdapat hubungan antara aktivitas fisik dengan status gizi ($p = 0,032$). Kesimpulan penelitian ini adalah asupan energi, protein lemak, karbohidrat, dan aktivitas fisik berhubungan dengan status gizi remaja, sedangkan asupan *zinc* tidak berhubungan dengan status gizi.

Kata Kunci : Asupan Zat Gizi , Aktivitas Fisik, Status Gizi, Remaja
Daftar Bacaan : 6 Buku + 80 Jurnal (2017-2025)

ABSTRACT

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THE RELATIONSHIP OF MACRONUTRIENT AND ZINC INTAKE AND PHYSICAL ACTIVITY WITH NUTRITIONAL STATUS AMONG ADOLESCENTS AT SMP ASA CENDEKIA SEDATI, SIDOARJO

xiv + 24 Table + 9 Appendices

Nutritional problems among adolescents remain a public health concern due to the coexistence of undernutrition, overnutrition, and obesity. Nutritional status in adolescents is influenced by several factors, including nutrient intake and physical activity. An imbalance between nutrient intake and the body's requirements, as well as low levels of physical activity, may affect adolescents' nutritional status. Preliminary observations at SMP Asa Cendekia Sedati Sidoarjo indicated the presence of students with underweight, overweight, and obese nutritional status.

This study aimed to analyze the relationship between nutrient intake and physical activity with nutritional status among adolescents at SMP Asa Cendekia Sedati Sidoarjo. This study employed an analytical observational design with a cross-sectional approach. A total of 70 respondents were selected using stratified random sampling. Nutrient intake data were collected using a 2×24-hour food recall method, physical activity was assessed using the Physical Activity Level (PAL) questionnaire, and nutritional status was determined based on Body Mass Index-for-Age (BMI-for-Age). Data were analyzed using the Spearman correlation test.

The results showed that most respondents had normal nutritional status, although underweight, overweight, and obese categories were still identified. There were significant relationships between energy, protein, fat, and carbohydrate intake and nutritional status ($p < 0.05$). No significant relationship was found between zinc intake and nutritional status ($p = 0.519$). In addition, physical activity was significantly associated with nutritional status ($p = 0.032$). In conclusion, energy, protein, fat, carbohydrate intake, and physical activity were associated with adolescents' nutritional status, whereas zinc intake was not associated with nutritional status.

Keywords : Nutrient Intake, Physical Activity, Nutritional Status, Adolescent
Reading List : 6 Books + 80 Journals (2017-2025)