

ABSTRAK

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HUBUNGAN KEBIASAAN SARAPAN DAN AKTIVITAS FISIK DENGAN
STATUS GIZI SISWA KELAS VIII SMP NEGERI 6 SURABAYA

1x + 72 Halaman + 16 Tabel + 11 Lampiran

Status gizi remaja yaitu indikator penting didalam menentukan kualitas kesehatan pada masa transisi menjadi dewasa serta bisa diberi pengaruh pada berbagai aspek, di antaranya kebiasaan sarapan serta aktivitas fisik. Penelitian ini tujuannya untuk mengetahui koreasi kebiasaan sarapan serta aktivitas fisik dengan status gizi siswa kelas VIII SMP Negeri 6 Surabaya.

Studi tersebut ialah investigasi deskriptif korelasional memakai metode cross sectional. Subjek terkumpul sebanyak tujuh puluh sembilan orang yang ditentukan memakai teknik proportional stratified random sampling. Data kebiasaan sarapan didapatkan melalui kuesioner serta SQ-FFQ, aktivitas fisik diukur memakai kuesioner aktivitas fisik pada nilai Physical Activity Level (PAL), serta status gizi didapatkan melalui pengukuran antropometri IMT/U. Analisis data memakai uji Chi-Square.

Hasil kajian memberi sebuah petunjuk jika kebanyakan partisipan mempunyai kebiasaan sarapan kategori kurang baik (63,3%), serta aktivitas fisik tergolong ringan (69,6%). Status gizi didominasi kategori gizi baik (25,2%), namun masih ditemukan gizi lebih (22,8%) serta obesitas (24,1%). Uji Chi-Square memberi suatu petunjuk Tidak terdapat korelasi bermakna antara pola makan pagi bersama kondisi gizi ($p > 0,05$), melainkan dijumpai korelasi berarti antara gerak tubuh dengan kondisi gizi ($p < 0,05$). Simpulan riset ini ialah gerak tubuh berpengaruh terhadap kondisi gizi pelajar, yang mana gerak tubuh yang minim bisa memicu timbulnyastatus gizi siswa, sementara kebiasaan sarapan tidak memberi suatu petunjuk hubungan yang signifikan. Maka dari itu, diperlukan peningkatan aktivitas fisik serta edukasi gizi seimbang di siswa.

Kata Kunci: *kebiasaan sarapan, aktivitas fisik, status gizi, remaja, IMT/U.*

Daftar Bacaan: 5 buku serta 47 Jurnal (2013-2025)

ABSTRACT

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THE RELATIONSHIP BETWEEN BREAKFAST HABITS AND PHYSICAL ACTIVITY WITH THE NUTRITIONAL STATUS OF EIGHTH-GRADE STUDENTS AT SMP NEGERI 6 SURABAYA

1 x + 80 Pages + 16 Tables + 11 Appendices

Adolescents' nutritional status Serves as a crucial marker in assessing wellness standards during the shift toward maturity and can be impacted by several elements, encompassing morning meal routines and bodily movement. This research sought to identify the connection between morning meal routines and bodily movement with the dietary condition of eighth-grade pupils at SMP Negeri 6 Surabaya.

This research utilized a correlational observational framework employing a sectional design. The total of seventy-nine subjects was chosen applying a proportional stratified random sampling procedure. Information regarding morning meal routines was gathered via structured forms and a Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ). Bodily movement was quantified using a movement form based on the Physical Activity Level (PAL). Dietary condition was established through body measurements utilizing BMI-for-Age. Information was evaluated utilizing Chi-Square test.

The results showed that most respondents had poor breakfast habits (63.3%), and their physical activity was generally categorized as light (69.6%). Nutritional status was predominantly in the normal category (25.2%); however, overweight (22.8%) and obesity (24.1%) were also found. The Chi-Square test demonstrated no meaningful correlation between morning meal routines and dietary condition ($p > 0.05$), yet there existed a meaningful correlation between bodily movement and dietary condition ($p < 0.05$). The deduction of this investigation is that bodily movement functions in pupils' dietary condition, where mild bodily movement might add to the emergence of dietary condition troubles, whereas morning meal routines displayed no meaningful correlation. Therefore, increasing physical activity and providing balanced nutrition education for students are recommended.

Keywords: *breakfast habits, physical activity, nutritional status, adolescents, BMI-for-age.*

References: 5 books and 47 journals (2013–2025)