

ABSTARK

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HUBUNGAN TINGKAT STRES DAN ASUPAN ZAT GIZI MAKRO
TERHADAP STATUS GIZI PADA SISWA KELAS XI MAN SURABAYA
1x + 101 Halaman + 16 Tabel + 10 Lampiran

Status gizi pada remaja mencerminkan keseimbangan antara asupan zat gizi dan kebutuhan tubuh. Ketidakseimbangan asupan zat gizi makro serta faktor psikologis seperti stres dapat memengaruhi status gizi remaja. Penelitian ini bertujuan untuk mengetahui hubungan tingkat stres dan asupan zat gizi makro terhadap status gizi pada siswa kelas XI MAN Surabaya. Penelitian ini menggunakan desain observasional analitik dengan pendekatan cross sectional. Populasi penelitian adalah seluruh siswa kelas XI MAN Surabaya sebanyak 393 siswa dengan sampel 80 responden yang dipilih menggunakan teknik proportional random sampling. Data dikumpulkan menggunakan kuesioner Perceived Stress Scale (PSS-10), metode food recall 1x24 jam, serta pengukuran antropometri untuk menentukan status gizi berdasarkan IMT/U. Analisis data menggunakan uji Chi-square dan Fisher's Exact Test.

Hasil penelitian menunjukkan sebagian besar responden berusia 17 tahun (62,5%) dan berjenis kelamin perempuan (60%). Mayoritas responden mengalami stres sedang (83,75%) dan memiliki status gizi normal (77,5%). Hasil analisis menunjukkan tidak terdapat hubungan antara tingkat stres dengan status gizi ($p = 0,675$), namun terdapat hubungan antara asupan protein, lemak, dan karbohidrat dengan status gizi ($p < 0,001$). Kesimpulan penelitian ini menunjukkan bahwa tingkat stres tidak berhubungan dengan status gizi, sedangkan asupan zat gizi makro berhubungan dengan status gizi pada siswa kelas XI MAN Surabaya.

Kata kunci : Tingkat stres, Asupan zat gizi makro, Status gizi

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ABSTRACT

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THE RELATIONSHIP BETWEEN STRESS LEVEL AND MACRONUTRIENT
INTAKE WITH NUTRITIONAL STATUS AMONG ELEVENTH GRADE
STUDENTS OF MAN SURABAYA

1x + 101 Pages + 16 Tables + 10 Appendices

Nutritional status in adolescents reflects the balance between nutrient intake and the body's requirements. Imbalance in macronutrient intake and psychological factors such as stress may influence adolescents' nutritional status. This study aimed to determine the relationship between stress level and macronutrient intake with nutritional status among eleventh grade students of MAN Surabaya. This study used an analytic observational design with a cross-sectional approach. The population consisted of all eleventh grade students of MAN Surabaya totaling 393 students, with a sample of 80 respondents selected using proportional random sampling technique. Data were collected using the Perceived Stress Scale (PSS-10) questionnaire, 24-hour food recall method, and anthropometric measurements to determine nutritional status based on BMI-for-age (BMI/A). Data analysis was performed using the Chi-square test and Fisher's Exact Test.

The results showed that most respondents were 17 years old (62.5%) and female (60%). The majority of respondents experienced moderate stress (83.75%) and had normal nutritional status (77.5%). The analysis results indicated that there was no significant relationship between stress level and nutritional status ($p = 0.675$). However, there was a significant relationship between protein, fat, and carbohydrate intake with nutritional status ($p < 0.001$). The conclusion of this study indicates that stress level is not associated with nutritional status, while macronutrient intake is associated with nutritional status among eleventh grade students of MAN Surabaya.

Keywords : Stress level, Macronutrient intake, Nutritional status

References : 58 journals (2020–2025)