

## ABSTRAK

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HUBUNGAN PENGETAHUAN GIZI SEIMBANG DAN KUALITAS TIDUR  
DENGAN STATUS GIZI SISWA SMP NEGERI 6 SURABAYA

1x + 62 Halaman + 14 Tabel + 10 Lampiran

Status gizi remaja yaitu indikator penting didalam menentukan kualitas kesehatan pada masa pertumbuhan serta bisa diberi pengaruh pada berbagai faktor, di antaranya pengetahuan gizi seimbang serta kualitas tidur. Studi ini bermaksud mengetahui korelasi pengetahuan gizi seimbang serta kualitas tidur pada status gizi pada murid SMP Negeri 6 Surabaya. Kajian tersebut merupakan studi pengamatan analitis melalui metode potong-lintang terhadap sembilan puluh subjek yang ditentukan melalui prosedur pemilihan acak proporsional. Informasi pemahaman nutrisi dihimpun memakai instrumen opsi jamak, derajat istirahat dinilai memanfaatkan *Pittsburgh Sleep Quality Index* (PSQI), dan kondisi tubuh didapatkan lewat evaluasi antropometrik IMT/U. Temuan ilmiah memberikan sebuah indikasi bahwa mayoritas partisipan memiliki wawasan pangan klasifikasi sedang (56,7%) dan durasi rehat berkategori negatif (50,0%). Keadaan fisik didominasi kelompok nutrisi normal (41,1%), tatapi tetap dijumpai bobot berlebih (35,6%) serta kegemukan (16,7%). Analisis *Chi-Square* menunjukkan sebuah isyarat tiada korelasi berarti antara pemahaman diet ekuivalen terhadap postur raga ( $p > 0,05$ ), terdapat keterkaitan bermakna antara intensitas istirahat terhadap postur raga ( $p < 0,05$ ). Inferensi dari kajian tersebut ialah stabilitas rehat mempunyai fungsi dalam memberikan dampak kondisi tubuh murid, yang mana durasi rehat yang tidak bagus dapat berwujud andil bagi munculnya disproporsi kondisi tubuh. Pengetahuan gizi seimbang tidak memberi suatu petunjuk hubungan yang signifikan pada status gizi. Diperlukan upaya pembiasaan pola tidur yang baik disertai edukasi gizi dari pihak sekolah serta keluarga untuk mendukung kesehatan serta status gizi murid secara optimal.

Kata kunci: pengetahuan gizi seimbang, kualitas tidur, PSQI, status gizi, remaja.

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## ABSTRACT

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*THE RELATIONSHIP BETWEEN BALANCED NUTRITION KNOWLEDGE AND SLEEP QUALITY WITH THE NUTRITIONAL STATUS OF STUDENTS AT SMP NEGERI 6 SURABAYA*

*1x + 62 Pages + 14 Tables + 10 Appendices*

*Teenager dietary condition represents a crucial metric for evaluating wellness attributes throughout the development phase and might be affected by diverse elements, explicitly proportional food literacy and rest excellence. That investigation intended to evaluate the association concerning proportional food literacy and rest excellence toward the dietary condition of pupils in SMP Negeri 6 Surabaya. The inquiry constituted a diagnostic empirical inspection utilizing a transversal methodology engaging ninety participants designated via fractional arbitrary selection. Evidences regarding diet literacy were gathered employing a selective-response assessment, rest excellence was evaluated utilizing the Pittsburgh Sleep Quality Index (PSQI), and dietary condition was established via body-measurement evaluations relying on BMI-for-age. The outcomes demonstrated that primary subjects possessed an intermediate tier of diet literacy (56.7%) and deficient rest excellence (50.0%). Dietary condition was mainly standard (41.1%), nonetheless heavyweight (35.6%) and adiposity (16.7%) were likewise detected. The Chi-Square evaluation demonstrated zero meaningful association concerning proportional food literacy and dietary condition ( $p > 0,05$ ), yet a meaningful association was discovered concerning rest excellence and dietary condition ( $p < 0,05$ ). To summarize, rest excellence exerts a function in affecting pupils' dietary condition, wherein deficient rest excellence might induce a part toward dietary disproportion. Conversely, proportional food literacy did not exhibit a meaningful connection toward dietary condition. Therefore, efforts to establish good sleep habits accompanied by nutrition education from schools and families are necessary to support optimal health and nutritional status among students.*

**Keywords:** *balanced nutrition knowledge, sleep quality, PSQI, nutritional status, adolescents.*

**References:** *2 books and 32 journals (2014–2025).*