

Dalam Bahasa Indonesia :

ABSTRAK

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“HUBUNGAN PERILAKU DALAM MEMILIH MAKANAN SEHAT DI LINGKUNGAN SEKOLAH DAN ASUPAN GIZI DENGAN STATUS GIZI SISWA KELAS VII SMP MARYAM SURABAYA”

xviii + 73 Halaman + 18 Tabel + 12 Lampiran

Perubahan kebiasaan makan dan preferensi pola makan akibatnya, remaja sangat rentan terhadap masalah gizi di lingkungan sekolah yang menyediakan bervariasi pilihan makanan. Studi ini tujuannya untuk mengkaji hubungan antara status gizi siswa kelas VII di SMP Maryam Surabaya dengan perilaku mereka dalam pilih makanan sehat di sekolah serta kecukupan asupan gizi.

Studi potong lintang (cross-sectional) ini menggunakan metodologi observasional, kuantitatif, dan analitis, serta melibatkan 119 siswa kelas VII dari SMP Maryam di Surabaya dan 54 responden. Kuesioner digunakan untuk mengumpulkan data mengenai pilihan makanan sehat, sedangkan metode *recall* makanan 2x24 jam dimanfaatkan untuk menilai asupan gizi (protein, energi, lemak, dan karbohidrat). Indeks Massa Tubuh menurut umur (IMT/U) dimanfaatkan untuk menilai status gizi. Uji *Spearman* dimanfaatkan untuk menganalisis data. Hasil penelitian memperlihatkan nilai p sejumlah 0,656 ($p > 0,05$), yang mengindikasikan tidak ada hubungan yang bermakna antara status gizi anak dan pilihan makanan sehat mereka di sekolah. Selain itu, asupan kalori ($p = 0,014$), protein ($p = 0,046$), dan lemak ($p = 0,000$) berkorelasi secara signifikan dengan status gizi siswa. Tetapi, tidak dijumpai hubungan yang nyata antara status gizi dan asupan karbohidrat ($p = 0,052$).

Kesimpulan studi tersebut memperlihatkan bahwasanya asupan protein, lemak, dan energi siswa berdampak signifikan kepada status gizi mereka. Di sisi lain, tidak dijumpai korelasi yang signifikan dengan cara statistik antara asupan karbohidrat dan praktik makan yang baik di sekolah. Oleh karena itu, pendidikan gizi perlu ditingkatkan agar kebutuhan gizi anak dapat terpenuhi secara seimbang. Dengan demikian, remaja dapat mencapai status gizi yang ideal.

Kata Kunci: perilaku, makanan sehat, asupan gizi, status gizi

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In English

ABSTRACT

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“THE RELATIONSHIP BETWEEN BEHAVIOR IN CHOOSING HEALTHY FOOD IN THE SCHOOL ENVIRONMENT AND NUTRITIONAL INTAKE WITH THE NUTRITIONAL STATUS OF 7TH GRADE STUDENTS AT SMP MARYAM SURABAYA”

xviii + 73 Pages + 18 Tables + 12 Appendieces

Due to shifting eating habits and dietary preferences, adolescents are particularly susceptible to nutritional issues in school settings where a wide variety of foods are available. This study set out to assess the connection between the nutritional status of seventh-grade students at Maryam Junior High School in Surabaya, and their behavior in choosing healthy foods at school, as well as adequate nutritional intake.

The cross-sectional study, which used an observational, quantitative, analytical methodology, involved 119 seventh-grade students from Maryam Junior High School in Surabaya, and 54 respondents. A survey was employed to gather information on healthy food choices, and a 2x24-hour meal recall was used to quantify nutritional consumption (energy, protein, fat, and carbohydrate). The body mass index for age (BMI/A) was used to assess nutritional status. The Spearman test was used to examine the data. The results showed a p-value of 0.656 ($p > 0.05$), suggesting that there is no meaningful relationship between kids' nutritional state and their choice of healthy school. Additionally, calorie ($p = 0.014$), protein ($p = 0.046$), and fat ($p = 0.000$) intake were significantly correlated with students' status. However, there was no discernible relationship between nutritional status and carbohydrate intake ($p = 0.052$).

The study's conclusion shows that students' energy, protein, and fat intake have a substantial impact on their nutritional status. Conversely, there was no significant statistical relationship between carbohydrate intake and good eating practices at school. Therefore, in order for kids to satisfy their nutritional demands in a balanced way, nutrition education needs to be improved. This way, adolescents can achieve ideal nutritional status.

Keywords: behavior, healthy food, nutritional intake, nutritional status

References: 26 journals (2021-2026), 5 books (2023-2025)