

ABSTRAK

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HUBUNGAN POLA MAKAN DAN AKTIVITAS FISIK DENGAN STATUS GIZI SISWA SISWI KELAS 7 DI SMP BINA KARYA SURABAYA TAHUN 2025

1x + 70 Halaman + 6 Tabel + 5 Lampiran

Perhatian pada masalah gizi pada remaja masih terus diperlukan, mengingat pengaruhnya terhadap proses tumbuh kembang serta kondisi kesehatan pada masa dewasa kelak. Ketidakseimbangan pola makan yang disertai rendahnya tingkat aktivitas fisik menjadi faktor determinan munculnya kondisi gizi kurang lebih. Pergeseran gaya hidup remaja yang dipengaruhi tren ataupun lingkungan sosial turut memengaruhi pola konsumsi dan aktivitas fisik. Studi bertujuan mengidentifikasi hubungan antara pola makan dan aktivitas fisik dengan status gizi pada siswa-siswi kelas VII SMP Bina Karya Surabaya tahun 2025.

Pendekatan observasional analitik berjenis cross sectional. Populasi penelitian adalah seluruh siswa kelas VII SMP Bina Karya Surabaya, dan penetapan sampel dengan total sampling, seluruh populasi tersebut menjadi subjek penelitian. Instrumen SQ-FFQ (*Semi Quantitative Food Frequency Questionnaire*) guna mencari informasi terkait kebiasaan makan responden. Aktivitas fisik para siswa dinilai melalui pengisian kuesioner indeks aktivitas fisik. Selanjutnya, status gizi diperoleh dari hasil pengukuran berat dan tinggi badan yang dianalisis menggunakan indikator IMT/U (IMT/U). Uji Chi-Square digunakan sebagai metode analisis data.

Usia 13 tahun (62,1%) dan jenis kelamin perempuan (56,9%) mendominasi karakteristik responden. Kategori cukup pada jenis makanan (89,7%), kategori baik pada frekuensi makan (56,9%), kategori berlebih pada jumlah makanan (55,2%), serta kategori kurang pada pola makan secara keseluruhan (79,3%) ditemukan pada mayoritas responden. Sebanyak 51 siswa (87,9%) tergolong aktivitas fisik ringan, sedangkan status gizi baik dijumpai pada 77,6% responden. Hasilnya tidak ditemukan hubungan yang signifikan baik antara pola makan dengan status gizi ($p=0,595$) maupun antara aktivitas fisik dengan status gizi ($p=0,595$). Diharapkan siswa-siswi dapat lebih cermat dalam memperbaiki pola makan hariannya, dengan mengonsumsi ragam makanan yang bergizi seimbang, membatasi konsumsi makanan tinggi gula, garam, dan lemak. Kebiasaan jajan kurang sehat juga perlu dikurangi, disertai peningkatan aktivitas fisik, guna menjaga serta status gizi dan kesehatan tubuh secara optimal.

Kata kunci: Pola Makan, Aktivitas Fisik, Status Gizi, Remaja

Daftar bacaan: 3 buku/pedoman, 50 jurnal (1982–2025).

ABSTRACT

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THE RELATIONSHIP BETWEEN DIETARY PATTERNS AND PHYSICAL ACTIVITY WITH NUTRITIONAL STATUS OF SEVENTH-GRADE STUDENTS AT SMP BINA KARYA SURABAYA IN 2025

1x + 70 Pages + 6 Tables + 5 Appendices

Adolescent nutritional issues remain a significant public health concern given their potential impact on growth, development, and long-term health into adulthood. Factors such as unbalanced eating patterns and inadequate physical activity contribute to the emergence of both undernutrition and overnutrition. As adolescents undergo lifestyle changes shaped by social trends and environmental influences, their eating habits and physical activity patterns are correspondingly affected. This research aimed to investigate the association between dietary patterns and physical activity with nutritional status among seventh-grade students at Bina Karya Junior High School, Surabaya, in 2025.

A cross-sectional approach within an analytical observational design formed the basis of this research, with the complete population of seventh-grade students at Bina Karya Junior High School, Surabaya, serving as the sample through a total sampling technique. To capture dietary patterns, the Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ) was administered, and a physical activity index questionnaire was used to gauge physical activity levels. Nutritional status, meanwhile, was established via body weight and height measurements paired with Body Mass Index for Age (BMI-for-age) calculations. The Chi-square test was applied to analyze the collected data.

Respondents were predominantly aged 13 years (62.1%) and female (56.9%). Adequate food variety was observed in 89.7% of respondents, good meal frequency in 56.9%, excessive food intake in 55.2%, and poor overall dietary patterns in 79.3%. Regarding physical activity, 51 students (87.9%) were classified in the mild category, while 77.6% of respondents had good nutritional status. The Chi-square analysis revealed that dietary patterns showed no statistically significant association with nutritional status ($p=0.595$). Similarly, physical activity was not significantly associated with nutritional status ($p=0.595$). It is recommended that students place greater emphasis on improving their daily eating habits through the consumption of diverse and nutritionally balanced foods, while reducing intake of foods high in sugar, salt and fat. Students further encouraged to limit unhealthy snacking behaviors and enhance physical activity levels to optimally sustain or improve their nutritional status and overall well-being.

Keywords: Dietary Patterns, Physical Activity, Nutritional Status, Adolescents

References: 3 books/guidelines, 50 journal articles (1982–2025).