

GAMBARAN KONSUMSI ZAT GIZI MAKRO, AKTIVITAS FISIK DAN STATUS GIZI REMAJA SMKN 1 BOYOLANGU TULUNGAGUNG KELAS X TAHUN 2019

Oleh :
Ratna Ikrimah Nur'aini

ABSTRAK

Masalah gizi pada remaja muncul dikarenakan perilaku gizi yang salah, yaitu ketidakseimbangan antara konsumsi gizi dengan kecukupan gizi dan aktifitas. (Sulistyoningsih, 2011) Menurut Adriani & Wirjatmadi (2012) faktor penyebab masalah gizi remaja bisa juga terjadi karena kebiasaan makan yang buruk, pemahaman gizi yang keliru, kesukaan yang berlebihan terhadap makanan tertentu, promosi yang berlebihan melalui media massa, dan masuknya produk-produk makanan asing. Tujuan dari penelitian ini adalah untuk mengetahui gambaran konsumsi zat gizi makro, aktifitas fisik dan status gizi pada remaja kelas X di SMK Negeri 1 Boyolangu, Tulungagung. Penelitian ini merupakan penelitian deskriptif menggunakan pendekatan *cross sectional*. Metode pengumpulan data dengan cara penimbangan berat badan, pengukuran tinggi badan, wawancara *food recall 2x24 jam* dan wawancara *recall activity 2x24 jam*. Jumlah sampel penelitian ini sebanyak 63 orang siswa kelas X SMKN 1 Boyolangu, Tulungagung yang diambil berdasarkan *proporsional random sampling*. Analisis data ditampilkan dalam bentuk distribusi frekuensi. Hasil penelitian menunjukkan mayoritas tingkat konsumsi energi, protein, lemak, dan karbohidrat pada remaja di SMKN 1 Boyolangu adalah normal. Yaitu energi (41,6%), protein (33,8%), lemak (42,9%), dan karbohidrat (48,0%). Tingkat aktivitas fisik remaja mayoritas adalah aktivitas sedang (50,6%). Mayoritas remaja di SMKN 1 Boyolangu memiliki status gizi normal (53,2%). Agar asupan energi pada remaja lebih baik, perlu diadakan penyuluhan tentang gizi seimbang dan diadakan penimbangan berat badan dan tinggi badan secara rutin untuk memantau status gizi remaja.

Kata kunci : Status Gizi, Aktivitas Fisik, Asupan Makan

**DESCRIPTION OF MACRO NUTRITIONAL CONSUMPTION, PHYSICAL
ACTIVITIES AND ADOLESCENT NUTRITIONAL STATUS OF
BOYOLANGU TULUNGAGUNG VOCATIONAL SCHOOL 10th GRADE ON
2019**

By :
Ratna Ikrimah Nur'aini

ABSTRACT

Nutritional problems in adolescents arise due to malnutrition behavior, which is an imbalance between consumption of nutrients with adequate nutrition and activity. (Sulistyoningsih, 2011) According to Adriani & Wirjatmadi (2012) the causes of adolescent nutritional problems can also occur due to poor eating habits, understanding of malnutrition, excessive preference for certain foods, excessive promotion through mass media, and the entry of foreign food products. The purpose of this study was to describe the consumption of macro nutrients, physical activity and nutritional status in adolescents of Boyolangu, Tulungagung Vocational School 10th grade. This research is a descriptive research using a cross sectional approach. Methods of data collection by weighing, height measurement, 2x24 hour food recall interview and 2x24 hour recall activity interview. The number of samples of this study were 63 students of Boyolangu, Tulungagung Vocational School 10th grade which were taken based on proportional random sampling. Data analysis is displayed in the form of frequency distribution. The results showed the majority of the levels of energy, protein, fat, and carbohydrate consumption in adolescents in Boyolangu 1 Vocational School were normal. There are energy (41.6%), protein (33.8%), fat (42.9%), and carbohydrates (48.0%). The level of majority of adolescent physical activity is moderate activity (50.6%). The majority of adolescents in Boyolangu Vocational School 1 have normal nutritional status (53.2%). In order for better energy intake in adolescents, counseling on balanced nutrition needs to be held and regular weight and height weighing is held to monitor the nutritional status of adolescents.

Keywords: Nutritional Status, Physical Activity, Food Intake