

**HUBUNGAN ASUPAN ZAT GIZI TERHADAP STATUS GIZI DAN
KONSENTRASI BELAJAR REMAJA DI MAJELIS QUR'AN AHLUDZ
DZIKRI
ABSTRAK**

Latar belakang Pada masa remaja 10-18 tahun merupakan masa perkembangan dan pertumbuhan yang membutuhkan asupan zat gizi yang cukup dan optimal. Untuk menghindari terjadi beberapa gangguan seperti mengalami malnutrisi dan menurunkan tingkat konsentrasi belajar. Berdasarkan pengambilan data dasar bulan Oktober 2020 diperoleh prevalensi status gizi normal pada remaja sebesar 30%, dan status gizi kurang (kurus) 70%. **Tujuan penelitian** ini untuk mengetahui Hubungan Asupan Zat Gizi terhadap Status Gizi dan Konsentrasi Belajar Remaja Di Majelis Qur'an Ahludz Dzikri. **Metode penelitian** yang digunakan yaitu *obesrvasional analitik* dengan pendekatan *cross sectional*. Populasi penelitian ini yaitu santri di Majelis Qur'an Ahludz Dzikri dengan usia 10-18 tahun sebanyak 30 santri. Penelitian ini menggunakan teknik *Non Probability Sampling*, Teknik *Non Probability Sampling* yang dipilih yaitu dengan Sampling Jenuh (sensus) yaitu metode penarikan sampel bila semua anggota populasi dijadikan sebagai sampel. Uji yang digunakan adalah uji korelasi *Spearman*. **Hasil penelitian** menunjukkan ada hubungan antara asupan zat gizi energi, protein, lemak, karbohidrat, vitamin A, zink dengan status gizi ($p=0.047$, $p=0.013$, $p=0.006$, $p=0.044$, $p=0.000$, $p=0.002$), tidak ada hubungan antara asupan vitamin C dengan status ^{gizi} ($p=0.176$), ada hubungan antara asupan zat gizi energi, protein, lemak, karbohidrat, vitamin C, zink dengan konsentrasi belajar ($p=0.006$, $p=0.007$, $p=0.002$, $p=0.015$, $p=0.000$, $p=0.046$), tidak ada hubungan antara asupan vitamin A dengan konsentrasi belajar santri ($p=0.311$). **Kesimpulan** ada hubungan energy dengan status gizi dan konsentrasi belajar dan sebaiknya para santri mengkonsumsi makanan sesuai dengan kebutuhan yang diperlukan serta megkonsumsi makanan yang bervariasi agar dapat meningkatkan status gizi santri dan dapat meningkatkan konsentrasi belajar para santri.

Kata Kunci: Remaja, Asupan zat gizi, Status Gizi, Konsentrasi belajar.

**RELATIONSHIP OF NUTRITION INTAKE TOWARDS NUTRITIONAL
STATUS AND TEENS LEARNING CONCENTRATION IN ASSEMBLY
QUR'AN AHLUDZ DZIKRI**

ABSTRACT

Background *Adolescence 10-18 years is a period of development and growth that requires adequate and optimal nutrient intake. To avoid some disorders such as malnutrition and reduce the level of concentration in learning. Based on basic data collection in October 2020, it was found that the prevalence of normal nutritional status in adolescents was 30%, and underweight (thin) status was 70%. **The purpose of this study** was to determine the relationship between nutritional intake and nutritional status and concentration of adolescent learning in the Ahludz Dzikri Qur'an Assembly. **The research method** used is analytical observation with a cross sectional approach. The population of this study were students in the Ahludz Dzikri Qur'an Council with the age of 10-18 years as many as 30 students. This study uses the Non Probability Sampling technique, the selected Non Probability Sampling technique is the Saturated Sampling (census) which is the sampling method when all members of the population are used as samples. The test used is the Spearman correlation test. **The results** showed that there was a relationship between intake of nutrients, protein, fat, carbohydrates, vitamin A, zinc and nutritional status ($p=0.047$, $p=0.013$, $p=0.006$, $p=0.044$, $p=0.000$, $p=0.002$), no there is a relationship between vitamin C intake and nutritional status ($p=0.176$), there is a relationship between intake of nutrients, protein, fat, carbohydrates, vitamin C, zinc and learning concentration ($p=0.006$, $p=0.007$, $p=0.002$, $p=0.015$, $p=0.000$, $p=0.046$, there was no relationship between vitamin A intake and the concentration of students' learning ($p=0.311$). **The conclusion** is that there is a relationship between energy and nutritional status and learning concentration and it is better for the students to consume food according to the needs needed and to consume varied foods in order to improve the nutritional status of the students and increase the concentration of the students' learnin.*

Keywords: *Adolescents, nutrient intake, nutritional status, Concentration of learning.*