

# HUBUNGAN TINGKAT ASUPAN ZAT GIZI MAKRO DENGAN KEJADIAN KURANG ENERGI KRONIK PADA REMAJA PUTRI DI MA YPIP PANJENG KABUPATEN PONOROGO TAHUN 2021

## ABSTRAK

Kurang Energi Kronis adalah suatu keadaan dimana remaja putri atau wanita mengalami kekurangan gizi (kalori dan protein) yang berlangsung lama atau menahun. Remaja putri dikatakan menderita risiko KEK bilamana Lingkar Lengan Atas <23,5 cm. KEK disebabkan karena jumlah asupan, usia, aktivitas, penyakit infeksi, dan pengetahuan. Dampak dari KEK dapat melahirkan bayi BBLR, keguguran, hingga kematian ibu dan bayi. Penelitian ini bertujuan untuk menganalisis hubungan tingkat asupan zat gizi makro dengan status gizi kurang energi kronik pada remaja putri di MA YPIP Panjeng Kabupaten Ponorogo.

Penelitian ini termasuk penelitian *observasional analitik* dengan desain penelitian *cross sectional study*. Populasi sebanyak 48 orang dengan besar sampel sebanyak 48 responden . Teknik pengambilan sampel dengan metode *purposive sampling*. Penelitian ini menggunakan *form recall 2x24 jam* dan pengukuran LiLA. Penelitian ini menggunakan uji statistik *spearman test*.

Hasil penelitian menunjukkan bahwa dari 48 responden remaja putri diketahui bahwa sebagian besar berumur 17 tahun. Remaja putri di MA YPIP Panjeng menderita KEK sebesar 64,6%. Tingkat asupan energi remaja putri sebagian besar berada dalam kategori normal dan defisit sedang. Tingkat asupan karbohidrat dan protein remaja putri berada dalam kategori defisit ringan. Sedangkan tingkat asupan lemak berada dalam kategori defisit berat. Hasil Uji *spearman test* diperoleh adanya hubungan tingkat asupan zat gizi makro dengan kejadian KEK, dengan nilai  $p < 0,05$ .

Dengan demikian dapat disimpulkan bahwa ada hubungan tingkat asupan zat gizi makro (energi, karbohidrat, protein, dan lemak) dengan kejadian Kurang Energi Kronis. Sehingga disarankan adanya perbaikan terhadap pemberian makan remaja putri, adanya penyuluhan dan pengawasan terhadap masalah gizi remaja putri.

**Kata Kunci : Kurang Energi Kronis, LIngar Lengan Atas, Tingkat Asupan, Zat Gizi Makro.**

***THE RELATIONSHIP OF MACRO NUTRITION INTAKE WITH LACK OF  
CHRONIC ENERGY IN YOUNG WOMEN AT MA YPIP PANJENG PONOROGO  
REGENCY DISTRICT in 2021***

***ABSTRAC***

Chronic Energy Deficiency is a condition where young women or women experience malnutrition (calories and protein) that lasts long or years. Young women suffer from a risk of chronic lack of energy if the circumference of the upper arm is less than 23.5 cm. Chronic lack of energy is due to the amount of intake, age, activity, infectious diseases, knowledge, and income. The impact of chronic lack of energy is that it can give birth to babies with low weight, miscarriage, to the death of mother and baby. The purpose of this research is to analysis of the relationship between nutritional level and chronic energy deficiency nutritional status in young women of MA YPIP Panjeng, Ponorogo District.

This study was an observational analytic study with a cross sectional study design. Population of 48 people with a sample size of 48 respondents. The sampling technique was purposive sampling method. This study used a 2x24 hour recall form and measurements of the circumference of the upper arm. This study uses the Spearman test statistical test.

The results showed that of the 48 respondents, it was found that most of them were 17 years old. Young women in MA YPIP Panjeng suffer from KEK of 64.6%. Most of the teenage girls energy intake was in the normal and moderate deficit categories. The level of carbohydrate and protein intake of adolescent girls is in the mild deficit category. Meanwhile, the level of fat intake is in the weight deficit category. The spearman test results showed a relationship between the level of macro nutrient intake and the incidence of KEK, with a p value <0.05.

That it can be concluded that there is a relationship between the level of intake of macro nutrients (energy, carbohydrates, protein, and fat) with the incidence of Chronic Lack of Energy. So, it can be suggested that it is necessary to improve the diet of young women, as well as counseling and monitoring of nutrition problems for young women.

***Keywords: Chronic lack of energy, Upper Arm Circumference, intake level, macro nutrients.***