

**HUBUNGAN ASUPAN GIZI MAKRO, PERILAKU SEDENTARI
DENGAN KEJADIAN OBESITAS SISWA KELAS 8
SMP AL FALAH ASSALAM SIDOARJO DI MASA COVID-19**

ABSTRAK

Latar Belakang, Obesitas merupakan permasalahan kesehatan yang muncul di seluruh dunia. Di Indonesia prevalensi obesitas remaja usia 13-15 tahun mengalami peningkatan hingga pada tahun 2018 mencapai 4,8%. Di masa COVID-19, penerapan pembatasan aktivitas di luar ruangan mengakibatkan perubahan pola makan dan menurunnya aktivitas fisik serta meningkatnya perilaku sedentari yang menjadi salah satu penyebab obesitas. Berdasarkan studi pendahuluan didapatkan hasil bahwa siswa kelas 8 mengalami obesitas sebesar 53%. **Tujuan Penelitian,** menganalisis hubungan asupan gizi makro dan perilaku sedentari dengan kejadian obesitas siswa Sekolah Menengah Pertama di masa COVID-19. **Metode Penelitian,** menggunakan *observational analitik* dengan desain penelitian *cross-sectional*. Pengumpulan data berupa berat badan, tinggi badan, wawancara recall 2x24 jam, dan kuesioner perilaku sedentari kepada 44 siswa. Data yang terkumpul diolah dan dianalisis dengan menggunakan uji korelasi *spearman* dengan derajat kepercayaan 90% atau $\alpha = 0,1$. **Hasil Penelitian,** menunjukkan frekuensi tertinggi asupan energi dan karbohidrat kategori normal, asupan protein dan lemak kategori lebih, perilaku sedentari kategori tinggi (97,73%), dan kejadian obesitas siswa kelas 8 sebesar 40,91%. **Kesimpulan,** menunjukkan ada hubungan antara asupan energi, lemak, karbohidrat dengan kejadian obesitas dan tidak ada hubungan antara asupan protein, perilaku sedentari dengan kejadian obesitas siswa kelas 8 SMP Al Falah Assalam Sidoarjo di masa COVID-19. **Saran** peneliti pada pihak sekolah diharapkan agar dapat memberikan edukasi gizi seimbang dan memberikan tugas video berolahraga rutin kepada siswa secara *online*.

Kata Kunci : *Asupan Makan, Perilaku Sedentari, Obesitas, COVID-19*

CORRELATION OF NUTRITIONAL MACRO INTAKE AND SEDENTARY BEHAVIOUR WITH OBESITY IN 8th GRADE STUDENTS AT SMP AL FALAH ASSALAM SIDOARJO DURING THE COVID-19 ERA

ABSTRACT

Background, Obesity is a health problem that appearing around the world. In Indonesia, the prevalence of obesity for adolescents aged 13-15 years has increased until in 2018 it reached 4.8%. In the COVID-19 era, the application of restrictions on outdoor activities resulted in changes in diet and decreased physical activity as well as increased sedentary behavior which is one of the causes of obesity. Based on the preliminary study, it was found that the 8th grade students were obese by 53%. **Research Purposes,** to analyze the relationship between food intake and sedentary behaviour with obesity in 8th grade junior high school students during the COVID-19 era. **The Research Method** uses analytic observational study with a cross-sectional research design. Data collection with weight, height, 2x24 hour recall interview and sedentary behaviour questionnaire was done by interviewing 44 students. The collected data is processed and analyzed using the Spearman Correlation test with a degree of confidence is 90% or $\alpha = 0,1$. **The Result,** showed the highest frequency of energy and carbohydrate intake in the normal category, protein and fat intake in the over categories, sedentary behaviour in the high category (97,73%), and the incidence of obesity in grade 8 students was 40,91%. **The Conclusion,** showed that there is a correlation between energy intake, fat, and carbohydrates with the incidence of obesity and there is no correlation between protein intake and sedentary behavior with the incidence of obesity in grade 8 students at SMP Al Falah Assalam during the COVID-19 era. **Suggestion researchers** that the school is expected to be able to provide balanced nutrition education and provide online regular exercise video assignments for students.

Keywords : Nutritional Intake, Sedentary Behaviour, Obesity, COVID-19