

GAMBARAN KANDUNGAN ENERGI, PROTEIN DAN KONTRIBUSI MAKANAN BEKAL TERHADAP TOTAL ASUPAN HARIAN PADA REMAJA DI MTS BILINGUAL MUSLIMAT NU SIDOARJO

ABSTRAK

Latar Belakang : Kebutuhan gizi remaja relatif besar karena pada usia tersebut terjadi pertumbuhan yang pesat sehingga menciptakan kebutuhan energi dan zat gizi lebih tinggi, karena itu total asupan harian harus terpenuhi. Namun seiring dengan perkembangan pendidikan, telah banyak sekolah yang menggunakan sistem *full day school* yang membuat remaja perlu memperhatikan asupan makanan di sekolah. Salah satu upaya agar kebutuhan gizi remaja terpenuhi yaitu dengan membawa makanan bekal.

Tujuan : Penelitian ini bertujuan untuk mengetahui gambaran kandungan energi, protein dan kontribusi makanan bekal terhadap total asupan harian pada remaja di MTS Bilingual Muslimat NU Sidoarjo.

Metode : Jenis penelitian ini adalah deskriptif dengan desain *cross sectional study* . Penelitian ini menggunakan form *food recall 2x24* jam dengan metode wawancara. Rumus yang digunakan untuk mengambil sampel ialah rumus Ari Kunto, dari rumus tersebut didapatkan sampel sebanyak 72 siswa. Metode yang digunakan pada penelitian ini yaitu menggunakan *purposive sampling*.

Hasil : Berdasarkan penelitian ini dapat diketahui bahwa siswa MTS Bilingual Muslimat NU Sidoarjo memiliki asupan energi makanan bekal sebanyak 53 siswa (73,65) dan asupan protein makanan bekal sebanyak 56 siswa (77,8%) dan asupan energi harian sebanyak 23 siswa (31,9%) dan asupan protein harian sebanyak 22 siswa (30,6%), kontribusi energi makanan bekal rata-rata 26% dan protein 32% dan alasan membawa makanan bekal sebanyak 59 siswa (81,9%) sedangkan yang memiliki alasan membawa makanan bekal sebanyak 13 siswa (18,1%).

Kesimpulan : Asupan energi dan protein makanan bekal tergolong tidak baik, total asupan energi dan protein harian tergolong defisit ringan, kontribusi makanan bekal baik, dan alasan membawa makanan bekal tergolong baik.

Saran : Diharapkan siswa mengkonsumsi makanan sesuai dengan kebutuhan sehari, sekolah perlu melakukan penyuluhan tentang sarapan itu penting meskipun telah membawa makanan bekal, dan untuk peneliti selanjutnya diharapkan meminimalisir kesalahan saat menggunakan metode *recall 2x24* jam

Kata Kunci : Asupan energi, asupan protein, kontribusi makanan bekal, total asupan harian.

THE DESCRIPTION OF ENERGY CONTENT, PROTEINS, AND PACKED MEAL CONTRIBUTION AGAINST TOTAL DAILY INTAKE IN TEENAGERS IN MTS BILINGUAL MUSLIMAT NU SIDOARJO

ABSTRACT

Background: The adolescent of nutritional needs are relatively large because at that age there is rapid growth so it creates higher energy and nutrient requirements, therefore the total daily intake must be fulfilled. But along with the development of education, there are many schools that use the full day school system that makes teens need to pay attention to food intake in schools. One effort to fulfill the nutritional needs of adolescents is to bring packed meal.

Objective: This study aims to determine the description of the energy content, protein and food contribution to the total daily intake of adolescents in MTS Bilingual Muslimat NU Sidoarjo.

Method: This type of research is descriptive with a cross sectional study design. This research uses food recall 2x24 hour form with interview method. The formula used to take the sample is Ari Kunto formula, from the formula obtained a sample of 72 students. The method used in this study is to use purposive sampling.

Result: Based on this research it can be seen that in MTS Bilingual Muslimat NU Sidoarjo students have a food intake of 53 students (73.65) and a food protein intake of 56 students (77.8%) and energy intake every 23 students (31, 9%) and daily protein intake of 22 students (30.6%), the contribution of food energy on average 26% and protein 32% and the reasons for bringing food supplies to 59 students (81.9%) while those containing reasons to bring food supplies 13 students (18.1%).

Conclusion: Energy and protein intake of food supplies is not good, total daily energy and protein intake is classified as mild deficit, contribution of good food supplies, and reasons for carrying good food supplies.

Suggestion: It is expected that students spend food according to their daily needs, the school needs to call attention to eating it is necessary to bring provisions, and for further researchers are expected to minimize problems when using the 2x24 hour recall method

Keywords: energy intake, protein intake, packed meal contribution, total daily intake