

**HUBUNGAN ASUPAN ENERGI DAN AKTIVITAS FISIK DENGAN  
KEJADIAN OBESITAS PADA SISWA KELAS VIII SMPN 3 KRIAN  
KABUPATEN SIDOARJO**

**ABSTRAK**

**Latar Belakang,** Obesitas disebabkan oleh ketidakseimbangan antara asupan dan aktivitas fisik yang dikeluarkan. Berdasarkan Riset Kesehatan Dasar tahun 2018 sejumlah 16% pada remaja umur 13 – 15 tahun mengalami obesitas. **Tujuan Penelitian,** mengetahui hubungan asupan energi dan aktivitas fisik dengan kejadian obesitas pada siswa kelas VIII SMPN 3 Krian. Penelitian ini merupakan penelitian desain analitik observasional dengan menggunakan jenis studi *cross-sectional*. **Metode Penelitian,** jumlah sampel penelitian adalah 57 responden yang menggunakan teknik pengambilan sampel yaitu *Sample Random Sampling*. Pengumpulan data dengan pengukuran antropometri, wawancara asupan energi menggunakan formulir SQ-FFQ, dan wawancara aktivitas fisik menggunakan kuisioner PAL. Teknik penilaian status gizi responden mengacu pada antropometri 2019 dengan menggunakan indeks IMT/U. Uji statistic menggunakan uji korelasi *spearman* untuk mengetahui hubungan asupan energi dan aktivitas fisik dengan kejadian obesitas. **Hasil Penelitian** menunjukkan status gizi obesitas sebesar 29,8%, aktivitas fisik ringan sebesar 54,4%, dan asupan energi sebesar 54,4%. Hasil uji korelasi *spearman* menunjukkan ada korelasi sempurna antara asupan energi dengan status gizi obesitas ( $r = 0,861$ ). Ada korelasi tinggi antara aktivitas fisik dengan status gizi obesitas ( $r = -0,772$ ). **Kesimpulan penelitian** menunjukkan ada hubungan asupan energi dan aktivitas fisik dengan kejadian obesitas pada siswa kelas VIII SMPN 3 Krian. **Saran,** perlu dilakukan aktivitas fisik tradisional serta melakukan kegiatan penyuluhan tentang obesitas.

*Kata Kunci : Asupan Energi, Aktivitas Fisik, Obesitas*

**THE RELATIONSHIP OF ENERGY INTAKE AND PHYSICAL  
ACTIVITY WITH THE EVENT OF OBESITY IN CLASS VIII STUDENTS  
OF SMPN 3 KRIAN, SIDOARJO REGENCY**

**ABSTRACT**

**Background,** Obesity is caused by an imbalance between intake and physical activity expended. Based on the 2018 Basic Health Research, 16% of adolescents aged 13-15 years were obese. **Rsearch Purposes,** determine the relationship between energy intake and physical activity with the incidence of obesity in class VIII SMPN 3 Krian. This research is an observational analytic design study using a cross-sectional study. **Research Methods,** the number of research samples is 57 respondents who use a sampling technique that is Sample Random Sampling. Data collection by anthropometric measurements, energy intake interviews using the SQ-FFQ form, and physical activity interviews using PAL questionnaires. The technique for assessing the nutritional status of respondents refers to the 2019 anthropometry using the BMI/U index. The statistical test used the Spearman correlation test to determine the relationship between energy intake and physical activity with the incidence of obesity. **The results** showed that the nutritional status of obesity was 29.8%, light physical activity was 54.4%, and energy intake was 54.4%. The results of the Spearman correlation test showed that there was a perfect correlation between energy intake and obesity nutritional status ( $r = 0.861$ ). There is a high correlation between physical activity and obesity nutritional status ( $r = -0.772$ ). **The conclusion** of the study showed that there was a relationship between energy intake and physical activity with the incidence of obesity in class VIII SMPN 3 Krian. **Suggestions,** it is necessary to do traditional physical activity and conduct counseling activities about obesity.

Keywords : Energy Intake, Physical Activity, Obesity