

GAMBARAN PENGETAHUAN GIZI SEIMBANG, AKTIVITAS FISIK, DAN STATUS GIZI REMAJA KELAS XI DI SMA MUHAMMADIYAH 2 SURABAYA

ABSTRAK

Latar Belakang, Remaja merupakan masa peralihan dari usia anak-anak menuju usia dewasa, periode ini dianggap penting dalam kehidupan. Menurut data Riset Kesehatan Dasar (Riskesmas) Tahun 2018, di Provinsi Jawa Timur, tercatat prevalensi remaja umur 16-18 tahun dengan kategori status gizi kurang sebesar 7,9%, untuk prevalensi dengan kategori status gizi lebih sebanyak 16,4 %. Terdapat beberapa hal yang dapat mempengaruhi status gizi remaja salah satunya pengetahuan gizi seimbang dan aktivitas fisik. **Tujuan Penelitian,** Mengetahui gambaran pengetahuan gizi seimbang, aktivitas fisik, dan status gizi remaja kelas XI di SMA Muhammadiyah 2 Surabaya. **Metode Penelitian,** Penelitian ini menggunakan jenis penelitian deskriptif. Pengumpulan data dengan penimbangan berat badan, pengukuran tinggi badan, pengisian kuesioner pengetahuan tentang gizi seimbang, dan wawancara terkait aktivitas fisik. Jumlah sampel sebanyak 58 murid dengan teknik pengambilan sampel acak proporsional. **Hasil penelitian,** Persentase murid dengan tingkat pengetahuan tinggi (70,7%), aktivitas fisik sangat ringan (1,8%), ringan (74,1%), sedang (24,1%), status gizi kurus (13,9%), status gizi normal (60,3%), status gizi overweight (10,3%), status gizi obesitas (15,5%). **Kesimpulan,** sebagian besar murid memiliki tingkat pengetahuan tinggi, melakukan aktivitas fisik ringan, dan berstatus gizi normal. **Saran,** Agar para murid mampu menerapkan pengetahuan terkait gizi seimbang dalam kehidupan sehari-hari, meningkatkan aktivitas fisik khususnya bagi murid yang berstatus gizi kurang atau lebih, perlu adanya penyuluhan terkait gizi seimbang dan pemantauan berat badan secara rutin di SMA Muhammadiyah 2 Surabaya.

Kata Kunci : Pengetahuan gizi seimbang, Aktivitas fisik, Status gizi

DESCRIPTION OF BALANCED NUTRITIONAL KNOWLEDGE, PHYSICAL ACTIVITY, AND NUTRITIONAL STATUS OF CLASS XI ADOLESCENTS IN SMA MUHAMMADIYAH 2 SURABAYA

ABSTRACT

Background, Adolescence is a period of transition from childhood to adulthood, this period is considered important in life. According to the 2018 Basic Health Research (Riskesdas) data, in East Java Province, the prevalence of adolescents aged 16-18 years in the category of undernutrition status was 7.9%, for the prevalence in the category of overnutrition status was 16.4%. There are several things that can affect the nutritional status of adolescents, one of which is knowledge of balanced nutrition and physical activity. **The purpose** was to determine the description of knowledge of balanced nutrition, physical activity, and nutritional status of class XI adolescents at SMA Muhammadiyah 2 Surabaya. **Research Methods**, This study uses a descriptive type of research. Collecting data by weighing, measuring height, filling out a knowledge questionnaire about balanced nutrition, and interviews related to physical activity. The number of samples was 58 students with proportional random sampling technique. **The results of the study**, the percentage of students with a high level of knowledge (70.7%), very light physical activity (1.8%), mild (74.1%), moderate (24.1%), thin nutritional status (13.9 %), normal nutritional status (60.3%), overweight nutritional status (10.3%), obesity nutritional status (15.5%). **Conclusion**, most of the students have a high level of knowledge, do light physical activity, and have normal nutritional status. **Suggestion**, So students are able to apply knowledge related to balanced nutrition in daily life, increase physical activity, especially for students with less or more nutritional status, it is necessary to provide counseling related to balanced nutrition and weight monitoring.

Keyword knowledge : Balanced nutrition knowledge, Physical activity, Nutritional status