

GAMBARAN POLA MAKAN DAN STATUS GIZI REMAJA PADA MASA PANDEMI COVID-19 DI SMAN 17 SURABAYA

ABSTRAK

Latar Belakang, pertumbuhan di masa remaja akan berpengaruh terhadap status kesehatan dan gizi. Masalah gizi remaja pada dasarnya dikarenakan oleh kebiasaan makan yang salah, yaitu ketidaksesuaian antara konsumsi gizi dengan kecukupan gizi yang dianjurkan. Perilaku pola makan remaja dapat diakibatkan oleh faktor individu dan faktor lingkungan. Selama pandemi covid-19 terjadi adanya perubahan pola makan. Perubahan pola makan yang terjadi meliputi frekuensi makan dan jenis makanan yang dapat mengarah pada peningkatan berat badan. **Tujuan Penelitian**, untuk mengetahui gambaran pola makan dan status gizi remaja pada masa pandemi covid-19 di SMAN 17 Surabaya. **Metode Penelitian**, ini menggunakan penelitian deskriptif. Sampel penelitian ini terdiri dari 38 siswa dari total populasi 316 siswa. **Hasil Penelitian**, didapatkan bahwa 73,7% tingkat konsumsi energi berkategori defisit berat, 42,1% tingkat konsumsi protein berkategori defisit berat, 52,6% tingkat konsumsi lemak berkategori defisit berat, 84,2% tingkat konsumsi karbohidrat berkategori defisit berat, 100% jenis konsumsi berkategori baik, frekuensi konsumsi berkategori baik yaitu makanan pokok meliputi nasi, bubur nasi, roti, biskuit, lauk hewani meliputi daging sapi, daging ayam, dan telur ayam, lauk nabati meliputi tempe, susu dan hasil olahannya yaitu susu sapi, serta minuman meliputi kopi dan teh, 68,4% status gizi siswa berkategori baik. **Kesimpulan dan Saran**, sebagian besar responden berjenis kelamin perempuan dan berumur 17 tahun, pola makan responden berkategori kurang baik, dan status gizi responden sebagian besar berkategori baik. Oleh karena itu diharapkan kepada pihak sekolah senantiasa menghimbau kepada siswa dan siswinya untuk melaksanakan sarapan terlebih dahulu sebelum berangkat ke sekolah dan mengonsumsi makanan yang cukup dan bergizi untuk melakukan aktivitas terutama di masa pandemi covid-19.

Kata kunci : Pola makan, status gizi, siswa Sekolah Menengah Atas.

OVERVIEW OF ADOLESCENT DIET AND NUTRITIONAL STATUS DURING THE COVID-19 PANDEMIC AT SMAN 17 SURABAYA

ABSTRACT

Research Background, growth in adolescence will affect health and nutritional status. Adolescent nutritional problems are basically caused by wrong eating habits, namely a mismatch between nutritional consumption and recommended nutritional adequacy. The behavior of adolescent eating patterns can be caused by individual factors and environmental factors. During the covid-19 pandemic, there has been a change in diet. Changes in eating patterns that occur include the frequency of eating and the type of food that can lead to weight gain. **Research Purposes**, knowing eating patterns description and nutritional status of adolescents during the covid-19 pandemic at SMAN 17 Surabaya. **Research Method**, this research uses descriptive research. The sample of this study consisted of 38 students from a total population of 316 students. **The results of the research**, it was found that 73,7% in the energy consumption founded as “severe deficit” category, 42,1% in the protein consumption founded as “severe deficit” category, 52,6% in the fat consumption founded as “severe deficit” category, 84,2% in the carbohydrates consumption founded as “severe deficit” category, 100% the type of consumption in the “good” category, frequency of consumption in good category, namely staple foods including rice, rice porridge, bread, biscuits, animal side dishes including beef, chicken and chicken eggs, vegetable side dishes including tempeh, milk and their processed products, namely cow's milk, and beverages including coffee and tea, 68,4% of the nutritional status of students were in the “good” category. **Conclusions and Suggestions**, most of the respondents are female and are 17 years old, the eating pattern founded as "not good" category, and the nutritional status of the respondents founded as "good" category. Therefore it is hoped that the school always urges students to have breakfast before going to school and to consume sufficient and nutritious food to carry out activities during the covid-19 pandemic.

Keywords : Pattern food, nutritional status, high school students.