

HUBUNGAN ASUPAN ENERGI, PROTEIN, ZAT BESI, KALSIMUM, SERTA SENG DENGAN STATUS GIZI SISWA SMP IPIEMS SURABAYA

ABSTRAK

Masa remaja masa rentan gizi. Ada beberapa alasan mengapa disebut rentan gizi, salah satunya yaitu percepatan pertumbuhan dan perkembangan tubuh memerlukan energi dan zat gizi lebih banyak. Tujuan penelitian ini adalah mengetahui hubungan asupan energi, protein, zat besi, kalsium, serta seng dengan status gizi siswa SMP IPIEMS Surabaya.

Jenis penelitian yang digunakan adalah penelitian analitik observasional yang menggambarkan hubungan asupan energi, protein, zat besi, kalsium, serta seng dengan status gizi. Penelitian ini melibatkan 63 responden. Responden adalah siswa-siswi SMP yang berusia 13-15 tahun. Sampel diambil dengan cara *simple random sampling*. Analisa data menggunakan *statistic nonparametric* dengan menggunakan uji *spearman*.

Hasil penelitian diketahui 58.7% (37 siswa) asupan energi tergolong defisit berat sedangkan 47.6% (30 siswa) asupan protein tergolong defisit berat. Untuk asupan zat besi sebesar 98.4% (61 siswa) termasuk dalam kategori kurang, 98.4% (62 siswa) asupan kalsium kurang dan 60.3% (38 siswa) asupan seng kurang. Status gizi responden yang normal sebanyak 45 siswa (71.4%), kurus sebanyak 4 siswa (6.3%), gemuk sebanyak 9 siswa (14.3%), serta obesitas 5 siswa (7.9%). Hasil uji statistik menyatakan ada hubungan asupan energi dengan status gizi didapatkan $P= 0.098 < \alpha=0.1$. Tidak ada hubungan asupan protein dengan status gizi didapatkan $P=0.15 > \alpha=0.1$. Tidak ada hubungan asupan zat besi dengan status gizi didapatkan $P= 0.732 > \alpha=0.1$. Ada hubungan asupan kalsium dengan status gizi didapatkan $P= 0.044 < \alpha=0.1$. Tidak ada hubungan asupan seng dengan status gizi didapatkan $P=0.662 > \alpha=0.1$.

Hal ini dapat disimpulkan bahwa ada hubungan antara asupan energi dan asupan kalsium dengan status gizi. Tidak ada hubungan antara asupan protein, zat besi, dan seng dengan status gizi.

Kata Kunci : Asupan energi, asupan protein, asupan zat besi, asupan kalsium, asupan seng, status gizi

THE CORRELATION BETWEEN INTAKE OF ENERGY, PROTEIN, IRON, CALCIUM, ZINC AND THE NUTRITIONAL STATUS OF STUDENTS AT SMP IPIEMS SURABAYA

ABSTRACT

Teenage is the susceptible time of nutrition. There are a number of reasons why this time is categorized as nutrition susceptible time, one of which is acceleration of growth and development requiring a number of energies and nutrition. This study is aimed to discover the correlation between intake of energy, protein, iron, calcium, zinc and nutritional status of students at SMP IPIEMS Surabaya.

This study is analytical observation study describing the correlation between intake of energy, protein, iron, calcium, zinc and nutritional status. This study moreover involves 63 respondents. They are students at SMP who reach 13-15 years old. Samples of this study was taken by using *simple random sampling*. Furthermore, the data analysis uses *statistic nonparametric* with *spearman test*.

The results of this study show that 58.7% (37 students) are classified as high-deficit energy intake, while 47.6% (30 students) are classified as high-deficit protein intake. In terms of iron intake, 98.4% (61 students) are classified as low-deficit intake. In terms of calcium intake, 98.4% (62 students) are classified as low-deficit intake and in terms of zinc intake 60.3% (38 students) are classified as low-deficit intake as well. The nutritional status of respondents show that 45 students (71.4%) are normal, 4 students (6.35) are thin, 9 students (14.3%) are fat, and the last 5 students (7.9%) are obesities. The statistical test results indicate that there is correlation between energy intake with nutritional status $P= 0.098 < \alpha=0.1$; there is no correlation between protein intake and nutritional status $P=0.15 > \alpha=0.1$; there is no correlation between iron intake and nutritional status $P= 0.732 > \alpha=0.1$; there is correlation between calcium intake and nutritional status $P= 0.044 < \alpha =0.1$; the last, there is no correlation between zinc intake and nutritional status $P=0.662 > \alpha =0.1$.

It can be concluded that there are correlation between energy intake, calcium intake and nutritional status. While, there is no correlation between protein intake, iron intake, zinc intake and nutritional status.

Key words: *energy intake, protein intake, iron intake, calcium intake, zinc intake, nutritional status.*