

GAMBARAN PENGETAHUAN GIZI SEIMBANG, ASUPAN ENERGI, PROTEIN DAN KEJADIAN KEK PADA REMAJA PUTRI DI SMAN 19 SURABAYA

ABSTRAK

Latar Belakang : Data Riskesdas tahun 2018 menunjukkan bahwa di Indonesia prevalensi KEK usia 15-19 tahun sebesar 36,3% tergolong tinggi dan di Jawa Timur mencapai 37,73% tergolong tinggi. Salah satu faktor penyebab KEK yaitu kekurangan asupan zat gizi (energi dan protein). **Tujuan :** Mengidentifikasi gambaran pengetahuan gizi seimbang, asupan energi, protein dan kejadian KEK pada remaja putri di SMAN 19 Surabaya. **Subyek dan metode :** Desain penelitian ini adalah observasional dengan pendekatan kuantitatif. Penelitian dilaksanakan di SMAN 19 Surabaya dengan jumlah sampel sebanyak 53 responden yaitu siswi kelas XI yaitu diambil secara simple random sampling. Metode pengumpulan data dengan cara memberi penjelasan oleh peneliti terkait tujuan penelitian, petunjuk pengisian kuesioner pengetahuan, pengukuran antropometri (LILA), dan melakukan wawancara asupan makan. **Hasil penelitian :** Hasil penelitian pengetahuan gizi seimbang pada remaja putri terbanyak pada kategori baik 52 siswi (98%), status gizi KEK pada remaja putri berjumlah 18 orang (34%), asupan energi pada remaja putri terbanyak pada kategori defisit berat 41 siswi (77,4%), asupan protein defisit berat 45 siswi (85%). **Kesimpulan dan Saran :** Pengetahuan gizi baik, status gizi KEK, asupan energi, protein mengalami defisit memiliki kecenderungan KEK, sedangkan pengetahuan gizi baik, status gizi Tidak KEK (normal), asupan energi, protein mengalami defisit bisa memiliki kecenderungan KEK di masa mendatang. Penelitian ini diharapkan menjadi masukan bagi pihak sekolah agar memberikan edukasi kepada remaja putri berupa penyuluhan mengenai pentingnya makanan gizi seimbang.

Kata Kunci : Remaja Putri, Asupan Energi, Asupan Protein, Siswi, KEK, Gizi Seimbang

DESCRIPTION OF KNOWLEDGE OF BALANCED NUTRITION, ENERGY INTAKE, PROTEIN AND KEK INCIDENCE IN THE YOUNG WOMEN AT SMAN 19 SURABAYA

ABSTRACT

Background: Riskesdas data in 2018 shows that in Indonesia the prevalence of CED aged 15-19 years is 36.3% which is high and in East Java it reaches 37.73% is high. One of the factors causing SEZ is a lack of nutrient intake (energy and protein). **Objective:** To identify a description of knowledge of balanced nutrition, energy intake, protein and the incidence of KEK in adolescent girls at SMAN 19 Surabaya. **Subjects and methods :** The design of this study was observational with a quantitative approach. The research was conducted at SMAN 19 Surabaya with a total sample of 53 respondents, namely students of class XI, which was taken by simple random sampling. The method of data collection was by giving explanations by researchers regarding the research objectives, instructions for filling out knowledge questionnaires, anthropometric measurements (LILA), and conducting food intake interviews. **The results :** The results of the study of balanced nutrition knowledge in adolescent girls were mostly in the good category 52 students (98%), the nutritional status of KEK in adolescent girls amounted to 18 people (34%), the highest energy intake in adolescent girls was in the weight deficit category 41 female students (77.4%), protein intake has a severe deficit of 45 female students (85%). **Conclusions and Suggestions :** Knowledge of good nutrition, nutritional status of SEZ, energy intake, protein experiencing a deficit has a tendency to SEZ, while knowledge of good nutrition, nutritional status Not SEZ (normal), energy intake, protein experiencing a deficit can have a tendency to SEZ in the future. This research is expected to be input for the school to provide education to young women in the form of counseling about the importance of a balanced nutritional diet.

Keywords: Young Women, Energy Intake, Protein Intake, KEK, Balanced Nutrition