

**HUBUNGAN TINGKAT ASUPAN ENERGI DAN ZAT GIZI MAKRO
DENGAN KEJADIAN KURANG ENERGI KRONIS
PADA REMAJA PUTRI DI PONDOK PESANTREN MANBA'UL HIKAM
SIDOARJO**

ABSTRAK

Latar Belakang: KEK atau Kurang Energi Kronis adalah suatu keadaan dimana remaja putri atau wanita mengalami kekurangan gizi (kalori dan protein) yang berlangsung lama atau menahun. Remaja putri dikatakan menderita risiko KEK bilamana LILA (Lingkar Lengan atas) <23,5 cm. KEK disebabkan karena jumlah asupan, usia, aktivitas, penyakit infeksi, pengetahuan dan pendapatan. Dampak dari KEK dapat melahirkan bayi BBLR, keguguran, hingga kematian ibu dan bayi.

Tujuan : untuk mengetahui adanya hubungan tingkat asupan energi dan zat gizi makro (Karbohidrat, Protein, dan Lemak) dengan kejadian KEK pada remaja putri di Pondok Pesantren Manba'ul Hikam Sidoarjo.

Metode : Metode yang digunakan adalah jenis penelitiannya *observasional analitik* dengan desain penelitian *cross sectional study*. Populasi sebanyak 219 orang dengan besar sampel sebanyak 52 responden menggunakan rumus sampel Nursalam. Teknik pengambilan sampel dengan metode *simple random sampling*. Penelitian ini menggunakan *form recall 2x24 jam* dan pengukuran LILA. Penelitian ini menggunakan uji statistik *spearman test*.

Hasil: Dari 52 responden remaja putri diketahui bahwa sebagian besar berumur 16-17tahun. Remaja putri di Pondok Pesantren menderita KEK sebesar 69,2%. Tingkat asupan energi, karbohidrat dan protein remaja putri berkategori defisit berat. Sedangkan tingkat asupan lemak sebagian besar berkategori asupan berlebih. Hasil uji *spearman test* diperoleh terdapat hubungan tingkat asupan energi, Karbohidrat, protein dan lemak dengan kejadian KEK, dengan nilai $p < 0,05$.

Kesimpulan: Terdapat hubungan tingkat asupan energi, dan zat gizi makro (karbohidrat, protein dan lemak) dengan kejadian KEK.

Saran : Perlu adanya perbaikan terhadap makanan santri seperti penambahan porsi makanan dan pengawasan terhadap masalah gizi.

Kata Kunci : *Tingkat asupan zat gizi makro, KEK pada remaja putri.*

**THE RELATIONSHIP BETWEEN THE LEVEL OF ENERGY AND
MACRO NUTRIENT INTAKE WITH THE INCIDENCE OF CHRONIC
ENERGY DEFICIENCY IN YOUNG WOMEN IN MANBA'UL HIKAM
ISLAMIC BOARDING SCHOOL SIDOARJO**

ABSTRACT

Background: Chronic Energy Deficiency is a condition where young women or women experience malnutrition (calories and protein) that lasts long or years. Young women suffer from a risk of chronic lack of energy if the circumference of the upper arm is less than 23.5 cm. Chronic lack of energy is due to the amount of intake, age, activity, infectious diseases, knowledge, and income. The impact of chronic lack of energy is that it can give birth to babies with low weight, miscarriage, to the death of mother and baby.

The Purpose: This study aimed to determine the relationship between the level of energy intake, and macro nutrients (Carbohydrates, Protein, and Fat) with the incidence of chronic energy deficiency in young women in Manba'ul Hikam Islamic boarding schools Sidoarjo.

Method: The method used is atype of research is *analytic observational* with *cross sectional study* design. The population was 219 people with a sample size of 52 respondents using the Nursalam sample formula. The sampling technique is by simple *random sampling* method. This study uses a form recall 2x24 hour and measurement of Upper Arm Circumference in young women at Manba'ul Hikam Islamic boarding school. This study uses the Spearman statistical test.

Result: From the 52 young women respondents it is known that most are aged 16-17 years. Young women in Islamic boarding schools suffer from chronic energy deficiency by 69.2%. The level of energy intake, carbohydrates and protein in young women is categorized as a severe deficit. While the level of fat intake is largely categorized as excess intake. The results of the spearman test show there is a relationship between the level of energy intake, carbohydrates, protein and fat with the incidence of chronic energy deficiency, with a p value <0.05. The **conclusion:** in this study is there is a relationship between the level of energy intake, and macro nutrients (carbohydrates, protein and fat) with the S incidence of chronic energy deficiency.

Suggestions : that can be given are improvements to students foods such as adding food portions and monitoring nutrition problems.

Keyword : *level intake macro nutrient, Chronic Energy Deficiency in young women.*