

GAMBARAN TINGKAT PENGETAHUAN, SIKAP, AKTIVITAS FISIK, ASUPAN ENERGI DAN STATUS GIZI REMAJA KELAS XI DI SMA NEGERI 1 MAOSPATI KABUPATEN MAGETAN

ABSTRAK

Latar belakang, Dalam konteks remaja, mereka mengalami transisi dari masa anak-anak ke masa dewasa. Isu gizi yang umum dihadapi oleh remaja mencakup masalah gizi kurang, kelebihan gizi, dan obesitas. Berdasarkan laporan Riset Kesehatan Dasar (Riskesdas) tahun 2018, ditemukan bahwa prevalensi remaja Indonesia yang mengalami kelebihan berat badan dan obesitas pada rentang usia 16 hingga 18 tahun mencapai 13,5% (Kemenkes RI, 2018). Dari hasil studi pendahuluan didapatkan berbagai status gizi pada siswa kelas XI SMA Negeri 1 Maospati Kabupaten Magetan yaitu status gizi normal, *underweight*, *overweight* dan obesitas. Beberapa faktor yang memengaruhi status gizi remaja meliputi pengetahuan tentang gizi, sikap terhadap pola makan seimbang, asupan energi, dan tingkat aktivitas fisik. **Tujuan Penelitian,** Untuk mendapatkan gambaran tingkat pengetahuan, sikap, aktivitas fisik, asupan energi dan status gizi siswa kelas XI di SMA Negeri 1 Maospati Kabupaten Magetan. **Metode Penelitian,** Penelitian ini menggunakan jenis penelitian deskriptif. Pengumpulan data dilakukan pengukuran antropometri, pengisian kuesioner pengetahuan gizi dan sikap terhadap gizi seimbang serta wawancara terkait *recall 2x24* jam dan Aktivitas fisik. Jumlah sampel sebanyak 77 siswa dengan teknik pengambilan sampel acak proporsional. **Hasil Penelitian,** Persentase siswa dengan pengetahuan baik (81,8%), sikap terhadap gizi seimbang baik (70,1%), asupan energi defisit berat (77,9%), Aktivitas fisik sedang (29,9%), status gizi normal (62%). **Kesimpulan,** sebagian besar siswa memiliki pengetahuan baik, sikap terhadap gizi seimbang baik, asupan energi defisit berat, aktivitas fisik sedang dan berstatus gizi normal. **Saran,** Agar siswa dapat menerapkan pengetahuan dan sikap terkait gizi seimbang serta menjaga asupan makan dan meningkatkan Aktivitas fisik dalam kehidupan sehari-hari, diperlukan penyuluhan gizi seimbang dan pemantauan berat badan rutin di SMA Negeri 1 Maospati Kabupaten Magetan.

Kata kunci : *Pengetahuan gizi, Sikap terhadap gizi seimbang, Asupan energi, Aktivitas fisik, Status gizi*

KNOWLEDGE LEVEL OVERVIEW, ATTITUDES, PHYSICAL ACTIVITY, ENERGY INTAKE AND NUTRITION STATUS FROM GRADE XI IN COUNTRY HIGH SCHOOL 1 MAOSPATI DISTRICT

ABSTRACT

Background, In the context of youth, they experience changes from childhood to adulthood. Frequent nutritional problems in adolescents include less, more nutrition, and obesity. According to the 2018 report for basic health research (riskesdas), the prevalence of higher nutrition (nutrition and obesity) in Indonesia at age 16 to 18 is 135%. (ministry of RI, 2018). From the results of the preliminary study, various nutritional statuses were obtained in class XI students of SMA Negeri 1 Maospati, Magetan Regency, namely normal nutritional status, underweight, overweight and obesity. There are several factors that influence the nutritional status of a youth in nutrition, the attitude toward balanced nutrition, the intake of energy and physical activity. **The purpose of research,** knowing the level of knowledge, attitudes, physical activity, energy intake and nutritional status of sophomore students at state high school 1 maospati district. **Research methods,** this research uses this type of descriptive research. The data collection is conducted with anthropometrics measures, the recharging of nutrition knowledge and attitude toward balanced nutrition and interviews with a 2x24 recall and physical activity. The number of samples as many as 77 students with a technique proportional random sampling. **Research results,** the student presentation with good knowledge (81.8%), attitude toward balanced nutrition (70.1%), heavy deficit energy intake (77.9%), moderate physical activity (29.9%), normal nutrition status (62%). **Conclusion,** most students have a good knowledge, an attitude toward balanced nutrition, a heavy deficit of energy intake, moderate physical activity and a normal nutritional status. **Suggestions,** Proper education in balanced knowledge and nutrition-related attitudes, maintain eating intake and increase physical activity in daily life require for the student to apply balanced nutrition and regular weight monitoring at state high school 1 maospati district of magetan

Keywords: Nutrition knowledge, Attitude toward balanced nutrition, Energy intake, Physical activity, Nutrition status