

HUBUNGAN ASUPAN ENERGI DAN PROTEIN DENGAN STATUS GIZI ANAK USIA 7-18 TAHUN DI GRIYA SAHABAT YATIM DHUAFA DI GEDANGAN SIDOARJO

ABSTRAK

Pendahuluan: Pada anak usia 7-18 tahun konsumsi karbohidrat sebagai sumber energi dan konsumsi sumber protein sangat berdampak terhadap status gizinya. Terdapat beberapa anak asuh Di Griya Sahabat Yatim Dhuafa yang sedang menghadapi permasalahan gizi dikarenakan tidak tercukupinya nutrisi dari makanan yang kaya akan kandungan energi dan protein.. **Tujuan:** Penelitian ini memiliki tujuan untuk mengetahui ada tidaknya hubungan asupan energi dan protein dengan status gizi pada anak asuh Di Griya Sahabat Yatim Dhuafa Tahun 2023. **Metode:** Menggunakan metode penelitian Cross sectional dengan sampel 35 anak menggunakan Teknik total sampling. Analisis data pada penelitian ini menggunakan analisis univariat dan bivariat dengan uji Chi-square. **Hasil:** dari penelitian yang sudah dilakukan mendapatkan hasil dimana ada hubungan yang kuat antara kecukupan nutrisi energi dan protein dengan status gizi ($p=0,000$) sedangkan pada asupan protein mendapat hasil ($p=0,354$) yang artinya tidak ada hubungan antara protein dengan status gizi. **Kesimpulan:** Terdapat hubungan antara asupan energi dengan status gizi dan tidak terdapat hubungan antara asupan protein dengan status gizi responden. **Saran:** Diharapkan untuk lebih memperhatikan asupan untuk memenuhi kebutuhan nutrisi agar bisa mencapai status gizi baik.

Kata kunci : Energi, Protein, Status Gizi Anak Usia Sekolah

**THE RELATIONSHIP BETWEEN ENERGY AND PROTEIN
INTAKE WITH THE NUTRITIONAL STATUS OF CHILDREN
AGED 7-18 YEARS AT GRIYA SAHABAT YATIM DHUAFA IN
GEDANGAN SIDOARJO**

ABSTRACT

Introduction: At the age of 7-18 years, consumption of carbohydrates as a source of energy and consumption of protein sources greatly affects their nutritional status. There are several foster children at Griya Sahabat Yatim Dhuafa who are facing nutritional problems due to insufficient nutrition from food that is rich in energy and protein content. **Purpose:** This study aims to determine whether there is a relationship between energy and protein intake with the nutritional status of foster children At Griya Sahabat Yatim Dhuafa in 2023. **Methods:** Using a cross-sectional research method with a sample of 35 children using a total sampling technique. Data analysis in this study used univariate and bivariate analysis with the Chi-square test. **Results:** From the research that has been done, the results show that there is a strong relationship between the adequacy of energy and protein nutrition and nutritional status ($p=0.000$), while protein intake has results ($p=0.354$), which means that there is no relationship between protein and nutritional status. **Conclusion:** There is a relationship between energy intake and nutritional status and there is no relationship between protein intake and the nutritional status of the respondents. **Suggestion:** It is expected to pay more attention to intake to meet nutritional needs in order to achieve good nutritional status.

Keywords : Energy, Protein, Nutritional Status of School Age Children