

HUBUNGAN PENGETAHUAN GIZI DAN PERILAKU POLA MAKAN REMAJA DENGAN STATUS GIZI PADA SISWA DI SMP AL-HUDA SURABAYA

ABSTRAK

Latar Belakang, dari studi pendahuluan peneliti di SMP Al-Huda Surabaya mendapatkan prevalensi status gizi yang tergolong obesitas 7%, gemuk 40%, normal 33%, kurus 7% dan sangat kurus 13%. Dengan tingkat pengetahuan gizi kategori cukup 67% dan baik 33%. Dan hasil perilaku pola makan kurang 46%, cukup 53%. **Tujuan,** mengetahui hubungan pengetahuan gizi dan perilaku pola makan remaja serta status gizi siswa SMP Al-Huda Surabaya. **Metode,** observasional analitik dengan desain *cross sectional*. Menggunakan analisis univariat dan bivariat dengan pengumpulan data menggunakan wawancara dan pengukuran terhadap 44 responden. **Hasil,** menggunakan analisis Spearman dengan hasil penelitian pada remaja di SMP Al-Huda Surabaya yaitu sebagian besar memiliki pengetahuan gizi baik (47,7%) sebanyak 21 orang, berperilaku pola makan cukup (43,2%) sebanyak 19 orang, dan status gizi baik (56,8%) sebanyak 25 orang. **Kesimpulan,** Hasil uji Spearman mendapatkan nilai *p-value*: 0,043 yang menunjukkan adanya hubungan yang signifikan antara pengetahuan serta perilaku pada remaja di SMP Al-Huda Surabaya, nilai *p-value*: 0,041 menunjukkan adanya hubungan yang signifikan antara pengetahuan gizi dengan status gizi (IMT/U) pada remaja di SMP Al-Huda Surabaya, dan *p-value* 0,83, menunjukkan tidak ada hubungan yang signifikan antara perilaku makan dengan status gizi remaja SMP Al-Huda Surabaya. **Saran,** diharapkan peneliti selanjutnya meneliti dengan jenis makanan, jumlah asupan dan tingkat konsumsi. Serta sekolah menyisipkan program untuk meningkatkan pemahaman perilaku pola makan serta mengimplementasikan perilaku pola makan yang baik dan sesuai untuk siswa nya.

Kata Kunci : Pengetahuan Gizi, Perilaku Pola Makan, Status Gizi

THE RELATIONSHIP OF KNOWLEDGE OF NUTRITION AND EATING BEHAVIOR OF ADOLESCENTS WITH NUTRITIONAL STATUS IN STUDENTS IN SMP AL-HUDA SURABAYA

ABSTRACT

Background, based on the results of a preliminary study at SMP Al-Huda Surabaya, the prevalence of nutritional status was in the category of obesity 7%, 40% fat, 33% normal, 7% thin and 13% very thin. With the level of knowledge of nutrition category enough 67% and 33% good. And the results of eating patterns are less 46%, 53% is enough. **Purpose**, determine the relationship between nutritional knowledge and eating behavior in adolescents with the nutritional status of students at SMP Al-Huda Surabaya. **Method**, analytic observational with cross sectional approach. Using univariate and bivariate analysis with data collection using interviews and measurements of 44 respondents. **Result**, the analysis used was Spearman, the results of research on adolescents at SMP Al-Huda Surabaya, namely most of them had good nutritional knowledge (47.7%) as many as 21 people, 19 people had moderate eating habits (43.2%), and nutritional status good (56.8%) as many as 25 people. **Conclusion**, The Spearman test results revealed a significant relationship between nutritional knowledge and eating behavior in adolescents at SMP Al-Huda Surabaya, with $p\text{-value} = 0.043$ indicating a significant relationship between nutritional knowledge and nutritional status. dietary behavior and nutritional status (BMI/U) in adolescents at SMP Al-Huda Surabaya and achieved a $p\text{-value} = 0.83$, showing that there is no significant link between dietary behavior and nutritional status (BMI/U) in adolescents at SMP Al-Huda Surabaya. **Suggestions**, it is hoped that further researchers will examine the type of food, the amount of intake and the level of consumption. As well as schools inserting programs to increase understanding of eating behavior and implementing good and appropriate eating habits for their students.

Keywords: Knowledge of Nutrition, Eating Behavior, Nutritional Status