

**HUBUNGAN ASUPAN GIZI MAKRO, AKTIVITAS FISIK DENGAN
STATUS GIZI GEMUK PADA ANAK KELAS 5 DI
SD MUHAMMADIYAH 4 SURABAYA (*FULL DAY SCHOOL*)**

ABSTRAK

Latar Belakang, Gemuk menjadi masalah kesehatan yang epidemi diseluruh dunia. Di Indonesia prevalensi gemuk mengalami peningkatan dari tahun ke tahun hingga 2018 mencapai 13,8%. Salah satu penyebab gemuk karena asupan makan tidak sesuai dan kurangnya aktivitas fisik. **Tujuan Penelitian,** mengetahui hubungan asupan makan, aktivitas fisik dengan status gizi gemuk pada anak kelas 5 di SD Muhammadiyah 4 Surabaya (*full day school*). Penelitian ini merupakan penelitian observasional analitik menggunakan pendekatan *cross sectional*. **Metode Penelitian,** Pengumpulan data dengan penimbangan berat badan, pengukuran tinggi badan, wawancara recall 2x24 jam dan kuesioner aktifitas fisik. Jumlah sampel penelitian adalah 84 siswa kelas 5 dengan teknik pengambilan sampel acak sederhana. Teknik penilaian status gizi menggunakan indeks IMT/U, form *Recall* 1x24 dan kuisisioner PAL (*Physical Activity Level*). Uji statistik menggunakan uji spearman untuk mengetahui ada atau tidaknya hubungan asupan gizi makro, aktifitas fisik dengan status gizi gemuk. **Hasil penelitian** menunjukkan frekuensi tertinggi asupan energi dan lemak kategori normal, asupan protein pada kategori normal dan lebih, asupan karbohidrat pada kategori defisit tingkat berat, aktifitas fisik pada kategori ringan dengan nilai PAL 1,4 dan status gizi kategori normal dan gemuk. **Kesimpulan penelitian** menunjukkan ada hubungan antara asupan energi, protein, aktivitas fisik dengan status gizi gemuk dan tidak ada hubungan antara asupan lemak dan karbohidrat dengan status gizi gemuk pada anak kelas 5 di SD Muhammadiyah 4 Surabaya. Saran peneliti pada SD Muhammadiyah 4 Surabaya agar dapat melaksanakan edukasi kepada siswa dan wali murid tentang asupan makan siswa dan dapat melaksanakan senam rutin dan penimbangan berat badan secara berkala.

Kata Kunci : Asupan Makan, Aktivitas Fisik, Gemuk

CORRELATION OF NUTRITIONAL MACRO INTAKE, PHYSICAL ACTIVITIES WITH OVERWEIGHT IN 5th GRADE AT SD MUHAMMADIYAH 4 SURABAYA (FULL DAY SCHOOL)

ABSTRACT

Background, Fat is a health problem that is epidemic throughout the world. In Indonesia the prevalence of fat has increased from year to year until 2018 reaching 13.8%. One cause of fat because of inappropriate food intake and lack of physical activity. **Research Objectives**, to find out the relationship between food intake, physical activity and fat nutritional status in grade 5 children at SD Muhammadiyah 4 Surabaya (full day school). This research was an observational analytic study using a cross sectional approach. **Research Methods**, Data collection with body weight, height measurement, 2x24 hour recall interview and physical activity questionnaire. The number of research samples was 84 5th grade students with a simple random sampling technique. Nutritional status assessment techniques using the IMT / U index, Recall 1x24 form and PAL (Physical Activity Level) questionnaire. Statistical tests use the Spearman test to determine whether there is a relationship between macro-nutrient intake, physical activity and fat nutritional status. **The results** showed the highest frequency of energy and fat intake in the normal category, protein intake in the normal and over categories, carbohydrate intake in the severe deficit category, physical activity in the mild category with PAL values of 1.4 and nutritional status in the normal and obese categories. **The conclusion** of the study shows that there is a relationship between energy intake, protein, physical activity and nutritional status of fat and there is no relationship between fat and carbohydrate intake with fat nutritional status in grade 5 children at SD Muhammadiyah 4 Surabaya. Suggestions researchers at Muhammadiyah 4 Elementary School Surabaya in order to be able to carry out education to students and guardians of students about food intake of students and can carry out regular exercise and weighing regularly.

Keywords: Nutritional Intake, Physical Activity, Overweight