

# GAMBARAN PENGETAHUAN, PERILAKU KONSUMSI SAYUR BUAH DAN STATUS GIZI PADA SISWA KELAS X DI SMA NEGERI 1 PORONG SIDOARJO

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## ABSTRAK

**Pendahuluan,** Di Indonesia, menurut laporan Nasional Riskesdas 2018, mayoritas penduduk usia di atas 5 tahun, sekitar 95,5%, masih mengonsumsi sayur dan buah dibawah anjuran. Kebiasaan mengonsumsi sayur dan buah pada remaja sangat dipengaruhi oleh tingkat pengetahuan dan perilaku mereka terkait pola makan. Ketika pengetahuan dan perilaku seseorang kurang optimal, maka mereka akan mengalami kesulitan dalam menjaga keseimbangan antara asupan makanan yang mereka konsumsi dengan kebutuhan tubuh mereka, yang pada akhirnya dapat mengakibatkan masalah pada status gizi. **Tujuan Penelitian,** untuk mengetahui gambaran pengetahuan, perilaku konsumsi sayur buah dan status gizi pada siswa kelas X di SMA Negeri 1 Porong. **Metode Penelitian,** jenis penelitian deskriptif. Pengambilan sampel dilakukan dengan metode *simple random sampling*, dan jumlah sampel sebanyak 40 orang. Pengetahuan seseorang diukur dengan menggunakan kuesioner yang dilaksanakan melalui sesi tanya jawab. Perilaku konsumsi sayur dan buah diambil menggunakan formulir *SQ – FFQ*. Status gizi dinilai dengan menghitung berat dan tinggi badan. Data dianalisis dengan menggunakan univariat. **Hasil Penelitian,** tingkat pengetahuan responden kategori kurang sebanyak 18 remaja (45%), kategori cukup 11 remaja (27,5%), dan kategori baik sebanyak 11 remaja (27,5%). Perilaku konsumsi sayur sebagian besar kategori kurang sebanyak 34 remaja (85%) dan kategori baik sebanyak 6 remaja (15%). Perilaku konsumsi buah sebagian besar kategori baik sebanyak 21 remaja (52,5%) dan kategori kurang sebanyak 19 remaja (47,5%). Status gizi sebagian besar responden memiliki status gizi baik sebanyak 25 remaja (62,5%), kategori status gizi lebih sebanyak 7 remaja (17,5%), kategori status gizi obesitas sebanyak 5 remaja (12,5%), dan kategori status gizi kurang sebanyak 3 remaja (7,5%). **Kesimpulan,** Remaja di SMA Negeri 1 Porong memiliki pengetahuan tentang sayur buah kategori kurang, perilaku konsumsi sayur kurang, perilaku konsumsi buah baik dan status gizi kategori baik.

Kata Kunci : *Pengetahuan, Perilaku Konsumsi Sayur Buah, dan Status Gizi*

**DESCRIPTION OF KNOWLEDGE, BEHAVIOR OF VEGETABLE AND  
FRUIT CONSUMPTION, AND NUTRITIONAL STATUS IN CLASS X  
STUDENTS IN PUBLIC HIGH SCHOOL 1 PORONG SIDOARJO  
IN SENIOR HIGH SCHOOL 1 PORONG SIDOARJO**

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**ABSTRACT**

**Introduction,** In Indonesia, according to the Riskesdas 2018 report, the majority of the population aged 5 years and older, approximately 95.5%, do not achieve the recommended consumption levels for fruits and vegetables. The dietary habits of adolescents regarding fruit and vegetable consumption are greatly influenced by their level of knowledge and eating behaviors. When someone's knowledge and behaviors are suboptimal, they may struggle to maintain a balance between the food they consume and their body's needs, ultimately leading to nutritional problems. **The purpose of the study,** to determine the overview of knowledge, vegetable and fruit consumption behavior, and nutritional status in tenth-grade students at SMA Negeri 1 Porong. **Research Method,** This is a descriptive study. Sampling was conducted using simple random sampling method, with a sample size of 40 individuals. Knowledge was measured using a questionnaire administered through interview sessions. Consumption patterns of vegetables and fruits were assessed using the SQ-FFQ form. Nutritional status was evaluated by measuring weight and height. Data were analyzed using statistical analysis techniques focusing on a single variable. **The results of the study,** the knowledge level of respondents in the less category was 18 teenagers (45%), in the sufficient category were 11 teenagers (27.5%), and in the good category were 11 teenagers (27.5%). Vegetable consumption behavior mostly fell into the less category, with 34 teenagers (85%), and in the good category were 6 teenagers (15%). Fruit consumption behavior mostly fell into the good category, with 21 teenagers (52.5%), and in the less category were 19 teenagers (47.5%). Nutritional status showed that most respondents had good nutritional status, with 25 teenagers (62.5%), more nutritional status were observed in 7 teenagers (17.5%), obesity nutritional status was observed in 5 teenagers (12.5%), and less nutritional status was observed in 3 teenagers (7.5%). **In Conclusion,** Adolescents at SMA Negeri 1 Porong have less knowledge about vegetables and fruits, less vegetable consumption behavior, good fruit consumption behavior, and good nutritional status.

*Keywords Knowledge : Behavior, Vegetable and Fruit Consumption, and Nutritional Status.*