

**HUBUNGAN ASUPAN ZAT GIZI MAKRO DAN AKTIVITAS FISIK
DENGAN STATUS GIZI LEBIH PADA SISWA KELAS 5
DI SDN BANJARBENDO KABUPATEN SIDOARJO**

ABSTRAK

Latar Belakang: Persentase anak-anak yang mengalami kelebihan berat badan meningkat menjadi 21,8%, di mana 10,8% di antaranya mengalami kelebihan berat badan (*overweight*) dan 9,2% mengalami obesitas. Peningkatan ini terutama disebabkan oleh faktor lingkungan, seperti ketidakseimbangan pola makan, kebiasaan makan, dan kurangnya aktivitas fisik. **Tujuan Penelitian:** mengetahui hubungan asupan zat gizi makro dan aktivitas fisik dengan status gizi lebih pada siswa kelas 5 di SD Negeri Banjarnendo Kabupaten Sidoarjo. Studi ini adalah sebuah penelitian observasional analitik yang dilakukan dengan pendekatan *cross sectional*. **Metode Penelitian:** Data dikumpulkan melalui pengukuran antropometri (berat dan tinggi badan), wawancara *food recall* selama 2x24 jam, dan wawancara mengenai aktivitas fisik (*recall activity*) selama 2x24 jam. Sampel penelitian diambil secara acak sederhana, menghasilkan 64 siswa sebagai sampel. Status gizi dinilai menggunakan indeks IMT/U, *form recall* 2x24 jam, dan form PAL (*Physical Activity Level*). Uji *spearman* digunakan untuk mengidentifikasi adanya hubungan antara asupan zat gizi makro dan aktivitas fisik dengan status gizi lebih. **Hasil Penelitian:** Dengan menggunakan uji korelasi *spearman* pada tingkat kepercayaan 95% atau $\alpha = 0,05$, ditemukan bahwa asupan energi, protein, lemak, dan karbohidrat memiliki hubungan yang signifikan dengan status gizi lebih (masing-masing dengan p -value 0,000; 0,000; 0,000; 0,012). Aktivitas fisik juga memiliki hubungan yang signifikan dengan status gizi lebih (p -value 0,045). **Kesimpulan penelitian:** menunjukkan adanya hubungan antara asupan zat gizi makro (energi, protein, lemak, dan karbohidrat) dan aktivitas fisik dengan status gizi lebih pada siswa kelas 5 di SD Negeri Banjarnendo.

Kata Kunci: Asupan Zat Gizi Makro, Aktivitas Fisik, Overweight, Obesitas

**CORRELATION OF MACRONUTRIENT INTAKE AND PHYSICAL ACTIVITY
WITH OVERNUTRITION STATUS IN GRADE 5 STUDENTS AT BANJARBENDO
PRIMARY SCHOOL, SIDOARJO DISTRICT**

ABSTRACT

Background: The percentage of overweight children has increased to 21.8%, of which 10.8% are overweight and 9.2% are obese. This increase is mainly due to environmental factors, such as dietary imbalances, eating habits, and lack of physical activity. **Research Objective:** To determine the relationship between macronutrient intake and physical activity with overweight status in 5th grade students at Banjarbendo Public Elementary School, Sidoarjo Regency. This study was an analytical observational study conducted with a cross sectional approach. **Research Methods:** Data were collected through anthropometric measurements (weight and height), 2x24 hour food recall interviews, and 2x24 hour physical activity recall interviews. The study sample was taken by simple randomisation, resulting in 64 students as samples. Nutritional status was assessed using the IMT/U index, 2x24-hour recall form, and PAL (Physical Activity Level) form. Spearman test was used to identify the relationship between macronutrient intake and physical activity with overnutrition status. **Results:** Using the Spearman correlation test at the 95% confidence level or $\alpha = 0.05$, it was found that energy, protein, fat, and carbohydrate intake had a significant association with overweight status (with ρ -value 0.000; 0.000; 0.000; 0.012, respectively). Physical activity also had a significant association with overweight status (ρ -value 0.045). **Conclusion:** There is a relationship between macronutrient intake (energy, protein, fat, and carbohydrate) and physical activity with overweight status among 5th grade students at SD Negeri Banjarbendo.

Keywords: Intake of Macronutrients, Physical Activity, Overweight, Obesity