HUBUNGAN PENGETAHUAN GIZI, ASUPAN ZAT GIZI MAKRO DENGAN STATUS GIZI PADA REMAJA DI SMP IPIEMS KOTA SURABAYA

ABSTRAK

Latar Belakang: Remaja merupakan generasi penerus yang sangat penting bagi keberlanjutan bangsa. Berdasarkan data Riskesdas 2018, prevalensi status gizi di kalangan anak usia 13-15 tahun menunjukkan bahwa 1,9% sangat kurus, 6,8% kurus, 11,2% mengalami kelebihan berat badan, dan 4,8% mengalami obesitas. Faktor-faktor yang dapat memengaruhi status gizi meliputi pengetahuan gizi dan asupan makanan. **Tujuan Penelitian:** untuk mengevaluasi hubungan antara pengetahuan gizi dan asupan zat gizi makro dengan status gizi pada remaja di SMP IPIEMS Surabaya. **Metode:** menggunakan desain observasional dengan metode potong lintang (cross-sectional), melibatkan 54 siswa. Data dikumpulkan melalui kuesioner dan formulir recall 2x24 jam. **Hasil:** Data menunjukkan bahwa pengetahuan gizi responden berada dalam kategori kurang pada 15 anak (27,8%) dan cukup pada 36 anak (66,7%). Asupan protein responden berada pada kategori defisit berat pada 23 anak (42%). Asupan lemak menunjukkan kategori defisit berat pada 28 anak (51,9%), dan asupan karbohidrat pada kategori defisit berat sebanyak 45 anak (83,3%). Berdasarkan pengukuran IMT/U, 24 anak (44,4%) berada dalam kategori status gizi normal. **Kesimpulan:** Analisis menggunakan Uji Rank Spearman menunjukkan bahwa terdapat hubungan signifikan antara pengetahuan gizi dengan status gizi, dengan p-value 0,045. Namun, tidak ditemukan hubungan signifikan antara asupan protein, lemak, dan karbohidrat dengan status gizi, dengan p-value masing-masing 0,390, 0,901, dan 0,208.

Kata kunci : Pengetahuan Gizi, Asupan Zat Gizi Makro (Protein, Lemak, Karbohidrat), Status Gizi

CORRELATION OF NUTRITIONAL KNOWLEDGE AND MACRONUTRIENT INTAKE WITH NUTRITIONAL STATUS AT IPIEMS JUNIOR HIGH SCHOOL IN SURABAYA CITY.

ABSTRACT

Background: Adolescents are crucial for the continuity of the nation. As reported by Riskesdas 2018, the prevalence of nutritional status among children aged 13-15 years shows that 1.9% are severely underweight, 6.8% are underweight, 11.2% are overweight, and 4.8% are obese. Factors affecting nutritional status include knowledge of nutrition and dietary intake. **Objective:** This study aims to assess the relationship between nutritional knowledge and macro-nutrient intake with nutritional status among adolescents at SMP IPIEMS Surabaya. **Methods:** This observational study uses a cross-sectional design, involving 54 students. Data were collected using questionnaires and a 2x24-hour dietary recall form. **Results:** The data show that nutritional knowledge among respondents was categorized as poor for 15 children (27.8%) and adequate for 36 children (66.7%). Protein intake was categorized as severely deficient for 23 children (42%). Fat intake was also severely deficient for 28 children (51.9%), and carbohydrate intake was severely deficient for 45 children (83.3%). Based on BMI-for-age measurements, 24 children (44.4%) Were considered to have normal nutritional status. **Conclusion:** Spearman Rank Correlation analysis reveals a significant correlation between nutritional knowledge and nutritional status, with a p-value of 0.045. However, no significant relationships were found between protein, fat, and carbohydrate intake with nutritional status, with p-values of 0.390, 0.901, and 0.208, respectively.

Keywords: Nutrition Knowledge, Macronutrient Intake (Protein, Fat, Carbohydrate), Nutrition Status