

**GAMBARAN POLA JAJANAN DAN MINUMAN TINGGI INDEKS  
GLIKEMIK DENGAN STATUS GIZI PADA SISWA KELAS XI  
TATA BOGA DI SMK NEGERI 8 SURABAYA**

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**ABSTRAK**

Usia remaja khususnya putri merupakan individu yang rentan terhadap masalah gizi, terutama bagi yang sedang maupun sudah melewati masa-masa puber. Problematika ini akan menyebabkan masalah yang lebih kompleks apabila tidak ada upaya dalam menstabilkan maupun menyembuhkan. Langkah dalam menghadapi hal tersebut, perlu adanya pengukuran status gizi guna memantau asupan dan keperluan gizi seseorang. Secara umum masalah gizi pada remaja terjadi akibat kebiasaan pola makan, makanan cepat saji dan seringnya mengkonsumsi makanan atau minuman yang berpemanis ataupun tinggi glikemik. Penelitian dilakukan untuk mengetahui gambaran pola jajanan dan minuman tinggi indeks glikemik dengan status gizi pada murid Tata Boga di SMK Negeri 8 Surabaya. Penerapan pada riset yang dilaksanakan yakni metodologi riset observasional analitik *cross-sectional*. Data yang diakumulasi dilaksanakan berdasar penimbangan berat badan, mengukur tinggi badan, mengisi form SQ-FFQ, serta wawancara tatap muka. Sebanyak 50 partisipan murid Tata Boga 1-5 kelas XI menjadi sampel studi yang dipilih secara acak. Indeks BB/TB dan formulir SQ-FFQ diterapkan pada teknik penilaian status gizi guna mengevaluasi kebiasaan konsumsi makanan serta minuman tinggi glikemik. Didapatkan hasil tingkat konsumsi lebih dengan jumlah reponden 50 siswa diantaranya 1 siswa (2%) berstatus gizi gizi buruk, 4 siswa (8%) berstatus gizi kurang, 33 siswa (33%) berstatus gizi baik/normal, 8 siswa (16%) berstatus gizi lebih, dan 4 siswa (8%) mengalami obesitas. Dapat disimpulkan bahwa, pada riset ini murid kelas XI Tata Boga di SMK Negeri 8 Surabaya sebanyak 33 siswa (66%) berstatus gizi baik/normal tetapi tingkat konsumsi jajanan dan minuman tinggi glikemik termasuk kedalam kategori lebih dengan persentase 100%.

**Kata Kunci** : Remaja, status gizi, indeks glikemik, siswa kelas XI.

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**ABSTRACT**

Adolescent age, especially for girls, is a population that is susceptible to dietary issues, particularly for those who are undergoing or have passed through puberty. These issues can lead to more complex problems if efforts are not made to stabilize or cure them. One of the steps in addressing this issue is to measure nutritional status to monitor someone's nutritional intake and needs. In general, nutritional problems in adolescents are caused by eating habits, fast food, and frequent consumption of sweetened or high-glycemic foods or drinks. A study was conducted to understand the pattern of snacks and high glycemic index drinks in relation to nutritional status among Culinary Arts students at SMK Negeri 8 Surabaya. An observational analytical method using a cross-sectional approach was employed in the study. Data collection involved weighing body weight, measuring height, filling out the SQ-FFQ form, and conducting direct interviews. The sample size was 50 respondents from XI Culinary Arts students in classes 1-5, selected using random sampling techniques. Nutritional status was assessed using the BB/TB index, and the SQ-FFQ form was used to evaluate the habit of consuming snacks and high glycemic index drinks. The results showed that among the 50 students, 1 student (2%) was undernourished, 4 students (8%) were classified as having poor nutrition, 33 students (66%) had good/normal nutritional status, 8 students (16%) were overweight, and 4 students (8%) were obese. Thus, it may be said that this investigation, 33 students (66%) from the XI Culinary Arts class at SMK Negeri 8 Surabaya had good/normal nutritional status, but the level of consumption of high glycemic snacks and drinks was categorized as high with a percentage of 100%.

**Keywords:** Adolescents, nutritional status, glycemic index, class XI students.