

ABSTRAK

Christin Betamaria Br Siburian. Hubungan *Sedentary Lifestyle* dengan Kebiasaan Makan Pada Remaja di SMAS Methodist Tanjung Morawa. Skripsi. Prodi Gizi. Fakultas Teknik. Universitas Negeri Medan. 2024.

Status gizi juga didefinisikan sebagai kondisi kesehatan yang dihasilkan dari keseimbangan antara kebutuhan zat gizi dan asupan zat gizi. Tujuan penelitian ini: 1). Mengetahui karakteristik yang digunakan dalam penelitian ini, 2). Mengetahui gaya hidup sedentari pada remaja di SMAS Methodist Tanjung Morawa, 3). Mengetahui kebiasaan makan pada remaja di SMAS Methodist Tanjung Morawa, 4). Mengetahui status gizi pada remaja di SMAS Methodist Tanjung Morawa, 5). Mengetahui hubungan gaya hidup sedentari dengan status gizi pada remaja di SMAS Methodist Tanjung Morawa, 6). Mengetahui adanya hubungan kebiasaan makan dengan status gizi pada remaja di SMAS Methodist Tanjung Morawa, 7). Mengetahui adanya hubungan *sedentary lifestyle* dan kebiasaan makan dengan status gizi pada remaja di SMAS Methodist Tanjung Morawa.

Penelitian ini dilakukan di SMAS Methodist Tanjung Morawa. Teknik pengambilan sampel dengan menggunakan *simple random sampling*, sampel sebanyak 59 orang. Teknik pengumpulan data *sedentary lifestyle* dengan menggunakan kuesioner *Adolescent Sedentary Activity Questionnaire* (ASAQ) dan untuk kebiasaan makan menggunakan kuesioner *Semi Quantitative Food Frequency Questionnaire* (SQ-FFQ) sedangkan status gizi dengan melakukan pengukuran berat badan dan tinggi badan. Teknik analisis data menggunakan uji *rank spearman* dan *regresi linear berganda*.

Hasil penelitian menunjukkan *sedentary lifestyle* remaja dalam kategori baik sebesar 25,4%. Kebiasaan makan yang terbentuk adalah kebiasaan makan *western* dan *Mixed*. Status gizi remaja masuk dalam status gizi buruk 6,8%, status gizi baik sebesar 62,7%, status gizi lebih sebesar 11,9% dan status gizi obesitas sebesar 18,6%. Hasil analisis uji *rank spearman* menunjukkan hubungan positif dan signifikan antara *sedentary lifestyle*, kebiasaan makan dan status gizi pada remaja. Nilai Adjusted R Square sebesar 0.332 menunjukkan *sedentary lifestyle* dan kebiasaan makan mampu menjelaskan status gizi 33,2%.

Kata kunci: gaya hidup sedentary, western, mixed, status gizi.

ABSTRACT

Christin Betamaria Br Siburian. *The Relationship Between Sedentary Lifestyle and Eating Habits in Adolescents at SMAS Methodist Tanjung Morawa. Thesis. Nutrition Program. Faculty of Engineering. State University of Medan. 2024.*

Nutritional status is also defined as a health condition resulting from the balance between nutritional needs and nutrient intake. The objectives of this research are: 1) To identify the characteristics used in this study, 2) To assess the sedentary lifestyle of adolescents at SMAS Methodist Tanjung Morawa, 3) To analyze the eating habits of adolescents at SMAS Methodist Tanjung Morawa, 4) To evaluate the nutritional status of adolescents at SMAS Methodist Tanjung Morawa, 5) To investigate the relationship between sedentary lifestyle and nutritional status in adolescents at SMAS Methodist Tanjung Morawa, 6) To explore the relationship between eating habits and nutritional status in adolescents at SMAS Methodist Tanjung Morawa, 7) To examine the relationship between sedentary lifestyle, eating habits, and nutritional status in adolescents at SMAS Methodist Tanjung Morawa.

This research was conducted at SMAS Methodist Tanjung Morawa. The sampling technique used was simple random sampling, with a sample size of 59 individuals. The data collection techniques for sedentary lifestyle used the Adolescent Sedentary Activity Questionnaire (ASAQ) and for eating habits, the Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ) was employed, while nutritional status was measured through weight and height measurements. The data analysis techniques involved Spearman's rank correlation test and multiple linear regression.

The results showed that the adolescents' sedentary lifestyle was categorized as good at 25.4%. The established eating habits were Western and Mixed eating patterns. Nutritional status among adolescents was as follows: 6.8% had poor nutritional status, 62.7% had good nutritional status, 11.9% had excess nutritional status, and 18.6% were classified as obese. The Spearman rank correlation analysis revealed a positive and significant relationship between sedentary lifestyle, eating habits, and nutritional status in adolescents. The Adjusted R Square value of 0.332 indicates that sedentary lifestyle and eating habits can explain 33,2% of the nutritional status.

Keywords: sedentary lifestyle, western, mixed, nutritional status.