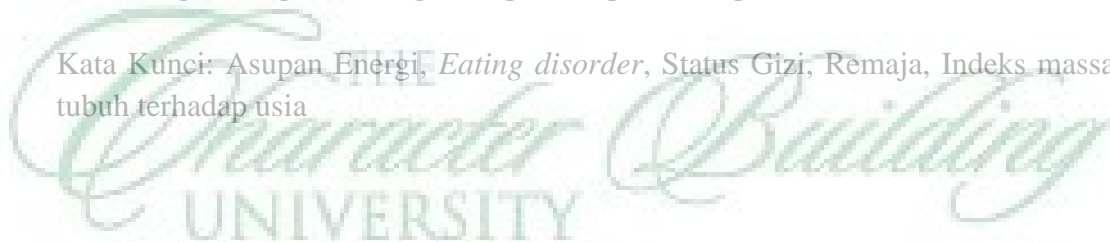


ABSTRAK

Winda Atika Najirah : Hubungan Asupan Energi dan Eating Disorder Terhadap Status Gizi Siswa Di SMK Tritech Informatika Medan. Skripsi. Prodi Gizi. Fakultas Teknik. Universitas Negeri Medan 2026.

Status gizi siswa di Indonesia masih menjadi permasalahan kesehatan masyarakat yang ditandai dengan adanya tiga beban gizi, yaitu gizi kurang, gizi lebih, dan kekurangan zat gizi mikro. Status gizi pada siswa dipengaruhi oleh berbagai faktor, di antaranya asupan energi dan perilaku makan berisiko seperti *eating disorder*. Penelitian ini bertujuan untuk menganalisis hubungan asupan energi dan *eating disorder* terhadap status gizi siswa di SMK Tritech Informatika Medan. Penelitian ini dilaksanakan pada September 2025. Penelitian ini menggunakan desain observasional dengan pendekatan *cross-sectional* dengan jumlah sampel 75 siswa usia 16–18 tahun. Asupan energi diukur menggunakan metode *food recall* 2×24 jam dan dikategorikan berdasarkan Angka Kecukupan Energi (AKE), *eating disorder* diukur menggunakan kuesioner EAT -26, dan status gizi ditentukan berdasarkan indeks massa tubuh menurut umur (IMT/U). Analisis data dilakukan secara univariat dan bivariat. Hasil penelitian menunjukkan bahwa tingkat kecukupan energi responden sebagian besar berada pada kategori normal (100%–<130% AKE) yaitu sebanyak 34 siswa (45%), diikuti kategori kurang (70%–<100% AKE) sebanyak 21 siswa (28%), dan kategori lebih (\geq 130% AKE) sebanyak 20 siswa (26%). Sebanyak 41,3% responden termasuk dalam kategori berisiko *eating disorder*, dan mayoritas responden memiliki status gizi baik (65,3%). Hasil uji Rank Spearman menunjukkan adanya hubungan yang signifikan antara asupan energi dan status gizi siswa ($p < 0,05$). Sebaliknya, hasil uji *Chi-Square* menunjukkan bahwa tidak terdapat hubungan yang signifikan antara risiko *eating disorder* dan status gizi ($p > 0,05$), sehingga risiko *eating disorder* tidak berhubungan dengan status gizi responden pada saat penelitian dilakukan.

Kata Kunci: Asupan Energi, *Eating disorder*, Status Gizi, Remaja, Indeks massa tubuh terhadap usia



ABSTRACT

Winda Atika Najirah: *The Relationship between Energy Intake and Eating Disorders on Nutritional Status of Adolescents at SMK Tritech Informatika Medan. Undergraduate Thesis. Nutrition Study Program. Faculty of Engineering. Universitas Negeri Medan, 2026.*

Adolescent nutritional status in Indonesia remains a public health concern, characterized by a triple burden of malnutrition, including undernutrition, overnutrition, and micronutrient deficiencies. Nutritional status of adolescents at SMK Tritech Informatika Medan. This study was conducted in September 2025 using an observational design with a cross-sectional approach. The sample consisted of 75 adolescents aged 16–18 years. Energy intake was assessed using a 2×24-hour food recall method and categorized based on the Recommended Dietary Allowance for Energy (RDA). Eating disorders were measured using a standardized questionnaire, and nutritional status was determined based on the body mass index-for-age (BMI-for-age). Data analysis was performed using univariate and bivariate analyses. This study aimed to examine the relationship between energy intake adequacy, eating disorder risk, and nutritional status among students. The results showed that most respondents had normal energy intake adequacy (100%–<130% of RDA), accounting for 45% of students, followed by inadequate intake (70%–<100% of RDA) at 28% and excessive intake ($\geq 130\%$ of RDA) at 26%. A total of 41.3% of respondents were classified as being at risk of eating disorders, while the majority (65.3%) had normal nutritional status. The Rank Spearman test indicated a significant relationship between energy intake and nutritional status ($p < 0.05$), suggesting that variations in energy intake are associated with differences in nutritional status. In contrast, the Chi-Square test revealed no significant relationship between eating disorder risk and nutritional status ($p > 0.05$), indicating that eating disorder risk was not directly associated with nutritional status at the time of measurement.

Keywords: Energy Intake, Eating disorders, Nutritional Status, Adolescents, BMI-for-age.