

ABSTRAK

Sinki Afni Sinaga : Hubungan Pengetahuan Gizi Seimbang Dan Frekuensi Sarapan Dengan Status Gizi Remaja Di SMP Islam Terpadu Khairul Imam, Kecamatan Medan Johor, Skripsi. Prodi Gizi. Fakultas Teknik Universitas Negeri Medan. 2025

Pengetahuan gizi seimbang yang tinggi dapat mempengaruhi pemilihan pemenuhan gizi dari angka kecukupan gizi yang berdampak pada status gizi. Selain itu frekuensi sarapan juga mempengaruhi nilai status gizi berdasarkan IMT/U. Hasil observasi menunjukkan bahwa tingginya frekuensi jarang sarapan pada remaja SMP Islam Terpadu Khairul Imam sebesar 44,80 persen. Tujuan penelitian ini untuk mengetahui hubungan antara pengetahuan gizi seimbang dan frekuensi sarapan dengan status gizi remaja SMP Islam Terpadu Khairul Imam.

Desain penelitian ini adalah penelitian kuantitatif dengan desain pendekatan *cross sectional* yang dilakukan pada populasi yang berjumlah 160 siswa. Jumlah sampel dihitung dengan rumus *cluster sampling* sehingga jumlah sampel adalah 85 siswa. Pengetahuan gizi diukur dengan menggunakan tes pengetahuan gizi seimbang dengan kategori baik, cukup dan kurang. Frekuensi sarapan diukur dengan angket frekuensi sarapan dengan kategori tidak pernah, jarang, kadang-kadang dan selalu. Status gizi diukur menggunakan data berat badan dan tinggi badan dengan rumus Indeks Massa Tubuh terhadap usia (IMT/U) dengan kategori obesitas, gemuk, normal, kurus dan sangat kurus. Analisis korelasi rank spearman dilakukan untuk mengetahui hubungan antara pengetahuan gizi seimbang dengan status gizi dan frekuensi sarapan dengan status gizi. Dan analisis regresi linier berganda dilakukan untuk mengetahui hubungan keterkaitan frekuensi sarapan dan pengetahuan gizi seimbang yang mempengaruhi terhadap status gizi.

Hasil penelitian menunjukkan bahwa mayoritas pengetahuan berada katagori baik sebesar 42,40%, kemudian diperoleh data frekuensi sarapan dengan mayoritas kadang-kadang sebesar 44,80% dan mayoritas status gizi berdasarkan IMT/U dengan kategori normal sebesar 84,70%. Berdasarkan uji tersebut didapatkan bahwa terdapat hubungan antara pengetahuan gizi dengan status gizi ($P=0,005$), terdapat hubungan antara frekuensi sarapan dengan status gizi ($P=0,000$) serta terdapat hubungan antara pengetahuan gizi dan frekuensi sarapan dengan status gizi ($P=0,001$). Hasil analisis regresi linier berganda terdapat hubungan positif dan signifikan antara pengetahuan gizi dan frekuensi sarapan dengan status gizi remaja SMP Islam Terpadu Khairul Imam ($Y = -2,332 + 0,009 + 0,28$) artinya pengeahuan gizi katagori tinggi dan frekuensi sarapan yang tinggi akan mempengaruhi status gizi semakin tinggi.

Kata Kunci : Pengetahuan Gizi Seimbang, Sarapan, Status Gizi

ABSTRACT

Sinki Afni Sinaga: *The Relationship Between Balanced Nutrition Knowledge and Breakfast Frequency with Adolescent Nutritional Status at Khairul Imam Integrated Islamic Junior High School, Medan Johor District, Thesis. Nutrition Study Program. Faculty of Engineering, State University of Medan. 2025*

A high level of knowledge about balanced nutrition can influence nutritional choices based on nutritional adequacy, which impacts nutritional status. Furthermore, breakfast frequency also influences nutritional status based on BMI/Age. Observations indicate a high frequency of rarely eating breakfast among adolescents at Khairul Imam Integrated Islamic Junior High School (SMP Islam Terpadu Khairul Imam), at 44.80 percent. The purpose of this study was to determine the relationship between knowledge about balanced nutrition and breakfast frequency with the nutritional status of adolescents at Khairul Imam Integrated Islamic Junior High School.

This study used a quantitative cross-sectional approach, conducted on a population of 160 students. The sample size was calculated using a cluster sampling formula, resulting in a total of 85 students. Nutritional knowledge was measured using a balanced nutrition knowledge test, categorized as good, adequate, and insufficient. Breakfast frequency was measured using a breakfast frequency questionnaire, categorized as never, rarely, sometimes, and always. Nutritional status was measured using weight and height data using the Body Mass Index for Age (BMI/Age) formula, categorized as obese, overweight, normal, underweight, and very underweight. Spearman rank correlation analysis was performed to determine the relationship between knowledge about balanced nutrition and nutritional status, and breakfast frequency with nutritional status. And multiple linear regression analysis was conducted to determine the relationship between breakfast frequency and knowledge of balanced nutrition which influences nutritional status.

The results showed that the majority of participants' knowledge was in the good category (42.40%), followed by data on breakfast frequency with the majority sometimes (44.80%), and the majority of participants' nutritional status based on BMI/Age was in the normal category (84.70%). The test revealed a relationship between nutritional knowledge and nutritional status ($P=0.005$), a relationship between breakfast frequency and nutritional status ($P=0.000$), and a relationship between both nutritional knowledge and breakfast frequency and nutritional status ($P=0.001$). The multiple linear regression analysis revealed a positive and significant relationship between nutritional knowledge and breakfast frequency and the nutritional status of adolescents at Khairul Imam Integrated Islamic Middle School ($Y=-2.332+0.009+0.28$). This means that high nutritional knowledge and high breakfast frequency will increasingly influence nutritional status.

Keywords: *Balanced Nutrition, Breakfast, Nutritional Status*