

ABSTRAK

Syafriyanni Anandita Sinaga. Hubungan Asupan Zat Gizi Makro Dan Tingkat Stres Dengan Status Gizi Pemerlu Pelayanan Kesejahteraan Sosial (PPKS) di UPTD Pelayanan Sosial Gelandangan dan Pengemis Pinangsori. Program Studi Gizi. Fakultas Teknik. Universitas Negeri Medan.2025

Tingginya prevalensi status gizi yang tidak normal pada PPKS di UPTD Pelayanan Sosial Gelandangan dan Pengemis Pinangsori untuk status gizi kurang sebesar 47% berdasarkan hasil observasi. Sedangkan data nasional status gizi kurang di Indonesia adalah 7,8%. Tingginya masalah gizi tersebut disebabkan asupan makanan yang kurang, dan tingkat stres para PPKS. PPKS dalam penelitian ini umumnya memiliki asupan karbohidrat kurang, asupan protein cukup, dan asupan lemak kurang. Tujuan pada penelitian ini untuk mengetahui : (1) karakteristik responden, (2) asupan karbohidrat PPKS, (3) asupan protein PPKS, (4) asupan lemak PPKS, (5) tingkat stres PPKS, (6) status gizi PPKS, (7) hubungan karbohidrat dengan status gizi, (8) hubungan protein dengan status gizi, (9) hubungan lemak dengan status gizi, (10) hubungan tingkat stres dengan status gizi, (11) hubungan asupan zat gizi makro (karbohidrat, protein, lemak) dan tingkat stres dengan status gizi PPKS.

Penelitian ini dilaksanakan pada Juli-Agustus 2025. Desain pada penelitian ini adalah *cross sectional*, sampel pada penelitian ini menggunakan total sampling yaitu sebanyak 41 orang. Teknik pengumpulan data asupan makanan menggunakan penimbangan makanan, untuk data tingkat stres menggunakan kuesioner PSS-10, dan data status gizi didapatkan dari pengukuran antropometri. Uji normalitas data menggunakan uji *Shapiro- Wilk*. Analisis data yang dilakukan secara bivariat. Analisis bivariat dilakukan dengan uji *Rank Spearman*.

Hasil penelitian menunjukkan asupan karbohidrat PPKS termasuk kategori kurang sebesar 100%, asupan protein termasuk kategori cukup sebesar 70,7%, asupan lemak termasuk kategori kurang sebesar 53,7%, tingkat stres PPKS termasuk dalam kategori stres sedang sebesar 70,7%, dan status gizi PPKS termasuk kategori normal sebesar 65,9%. Hasil uji korelasi *rank spearman* antara asupan karbohidrat dengan status gizi tidak signifikan dengan *p-value* 0,082. Hasil uji korelasi *rank spearman* asupan protein dengan status gizi tidak signifikan dengan *p-value* 0,104. Hasil uji korelasi *rank spearman* asupan lemak dengan status gizi ada hubungan signifikan dengan *p-value* 0,045. Hasil uji korelasi *rank spearman* tingkat stres dan status gizi tidak signifikan dengan *p-value* 0,756. Hasil analisis multivariat regresi linear berganda tidak dilanjutkan, dikarenakan hanya satu variabel yang berhubungan pada uji bivariat.

Kata kunci : Karbohidrat, Lemak, Protein, Status gizi, Tingkat stres

ABSTRACT

Syafriyanni Anandita Sinaga. *The Relationship Between Macronutrient Intake and Stress Levels with the Nutritional Status of Social Welfare Service Recipients (PPKS) at the Pinangsori Social Services for Homeless and Beggars UPTD. Nutrition Study Program. Faculty of Engineering. State University of Medan. 2025*

The high prevalence of abnormal nutritional status in PPKS at the UPTD for Homeless and Beggar Social Services in Pinangsori for malnutrition status was 47% based on observation results. While national data on malnutrition status in Indonesia is 7.8%. The high nutritional problems are caused by insufficient food intake and stress levels of PPKS. PPKS in this study generally have insufficient carbohydrate intake, sufficient protein intake, and insufficient fat intake. The objectives of this study were to determine: (1) respondent characteristics, (2) PPKS carbohydrate intake, (3) PPKS protein intake, (4) PPKS fat intake, (5) PPKS stress level, (6) PPKS nutritional status, (7) the relationship between carbohydrates and nutritional status, (8) the relationship between protein and nutritional status, (9) the relationship between fat and nutritional status, (10) the relationship between stress levels and nutritional status, (11) the relationship between macronutrient intake (carbohydrates, protein, fat) and stress levels with PPKS nutritional status.

This study was conducted in July-August 2025. The design of this study was cross-sectional, with a total sampling of 41 people. Food intake data was collected using food weighing, stress level data using the PSS-10 questionnaire, and nutritional status data were obtained from anthropometric measurements. Data normality was tested using the Shapiro-Wilk test. Data analysis was performed bivariately. Bivariate analysis was performed using the Spearman Rank test.

The results of the study showed that PPKS carbohydrate intake was categorized as insufficient at 100%, protein intake was categorized as sufficient at 70.7%, fat intake was categorized as insufficient at 53.7%, PPKS stress level was categorized as moderate stress at 70.7%, and PPKS nutritional status was categorized as normal at 65.9%. The results of the Spearman rank correlation test between carbohydrate intake and nutritional status were not significant with a p-value of 0.082. The results of the Spearman rank correlation test of protein intake and nutritional status were not significant with a p-value of 0.104. The results of the Spearman rank correlation test of fat intake and nutritional status were significantly related with a p-value of 0.045. The results of the Spearman rank correlation test of stress level and nutritional status were not significant with a p-value of 0.756. The results of the multivariate analysis of multiple linear regression were not continued, because only one variable was related in the bivariate test.

Keywords: Carbohydrates, Fat, Protein, Nutritional status, Stress level