

ABSTRAK

Vinesya Shintauly Siahaan. Nim 5172240006. Hubungan Kecukupan Zat Gizi Makro dengan Status Gizi Anak SMP yang Tinggal di Panti Asuhan. Program Studi Gizi. Pendidikan Kesejahteraan Keluarga. Fakultas Teknik. Universitas Negeri Medan. 2022.

Tujuan penelitian ini untuk mengetahui: 1) karakteristik responden yaitu umur, jenis kelamin, dan keberadaan orang tua; 2) kecukupan zat gizi makro anak SMP yang tinggal di panti asuhan; 3) status gizi responden anak SMP yang tinggal di panti asuhan; 4) hubungan kecukupan zat gizi makro dengan status gizi anak SMP yang tinggal di panti asuhan. Teknik pengambilan sampel dilakukan dengan cara *total sampling*, sehingga diperoleh jumlah sampel sebanyak 48 orang anak SMP yang tinggal di panti asuhan. Desain penelitian *cross sectional*. Teknik pengumpulan data menggunakan kuesioner. Data kecukupan zat gizi makro diambil menggunakan kuesioner *food recall* 3x24 jam dan data status gizi diambil dari pengukuran antropometri. Teknik analisis data menggunakan deskriptif data uji korelasi *Rank Spearman*.

Berdasarkan hasil penelitian, kecukupan zat gizi makro dari Panti Asuhan Sendoro dan Panti Asuhan Anugrah Kasih Abadi adalah normal sebesar 76 persen dan 95.65 persen. Status gizi dari Panti Asuhan Sendoro dan Panti Asuhan Anugrah Kasih Abadi adalah normal sebesar 80 persen dan 82.61 persen dengan rerata secara berturut-turut -1.05 ± 0.73 dan -0.45 ± 1.02 . Terdapat hubungan yang positif dan signifikan antara kecukupan zat gizi makro dengan status gizi anak SMP yang tinggal di panti asuhan ($p=0.563$) yang artinya semakin baik kecukupan zat gizi makro maka semakin baik status gizi pada anak SMP yang tinggal di panti asuhan.



ABSTRACT

Vinesya Shintaulu Siahaan. Nim 5172240006. Correlation between Macronutrients Adequacy with Nutritional Status of Junior High School Student that lived in Orphanages. Nutrition Studies Major. Education of Family Welfare. Faculty of Engineering. Medan State University. 2022.

The purpose of this study was to determine: 1) the characteristics of the respondents, namely age, gender, and the presence of parents; 2) the adequacy of macronutrients for junior high school children living in orphanages; 3) the nutritional status of junior high school children who live in orphanages; and 4) the relationship between macronutrient adequacy and nutritional status of junior high school children living in orphanages. The sampling technique was carried out by total sampling in order to obtain a total sample of 48 junior high school students living in orphanages. The research design is cross-sectional. Data collection techniques using a questionnaire. Macronutrient adequacy data was taken using a food recall questionnaire 3x24 hours, and nutritional status data was taken from anthropometric measurements. The data analysis technique used descriptive data from the Spearman Rank correlation test.

Based on the results of the study, the macronutrient adequacy of the Sendoro Orphanage and the Anugrah Kasih Abadi Orphanage was normal at 76 percent and 95.65 percent, respectively. The nutritional status of the Sendoro Orphanage and the Anugrah Kasih Abadi Orphanage were normal at 80 percent and 82.61 percent, with the average being -1.05 0.73 and -0.45 1.02, respectively. There is a positive and significant relationship between the adequacy of macronutrients and the nutritional status of junior high school children living in orphanages ($\rho = 0.563$), which means that the better the adequacy of macronutrients, the better the nutritional status of junior high school children living in orphanages.

