

## ABSTRAK

**Annisa Ansis Tasha. Nim 5171240003. Hubungan Konsumsi Makanan Dengan Status Gizi Santriwati Di Pondok Pesantren Modern Ta'dib Al-Syakirin Medan.**

Tujuan penelitian ini yaitu untuk mengetahui : (1) Karakteristik keluarga santri; (2) Konsumsi santri dipesantren; (3) Status gizi santri di pesantren; (4) Hubungan konsumsi makanan dengan status gizi santri di pesantren. Tempat penelitian dilaksanakan di Pesantren Modern Ta'dib Al-Syakirin Medan. Waktu penelitian dilakukan pada bulan juni 2022. Populasi pada penelitian ini yaitu seluruh santriwati usia 12-15 tahun yang berada di Pesantren Modern Ta'dib Al-Syakirin Medan. Teknik pengambilan sampel dilakukan dengan menggunakan *total sampling*, sehingga diperoleh jumlah sampel sebanyak 37 orang. Desain penelitian *cross sectional*. Teknik analisis data menggunakan *chi-square*.

Berdasarkan hasil penelitian yang telah dilakukan karakteristik responden berdasarkan usia santri dengan rata-ran usia  $13,70 \pm 0,94$ , rata-ran pekerjaan ibu yaitu ibu rumah tangga, rata-ran pekerjaan ayah yaitu lainnya, rata-ran pendapatan ibu  $2,51 \pm 0,77$ , rata-ran pendapatan ayah  $1,84 \pm 0,76$ , rata-ran besar keluarga yaitu  $1,78 \pm 0,75$  rata-ran status gizi yaitu normal  $1,378 \pm 0,491$ , dan rata-ran konsumsi makanan energi  $3,54054 \pm 1,4062$ , karbohidrat  $2,9189 \pm 0,3634$ , protein  $3,7027 \pm 1,0237$ , lemak  $2,9189 \pm 0,3634$ . Terdapat hubungan yang signifikan antara konsumsi makanan dengan status gizi santriwati dengan nilai energi ( $p=0,002$ ) dan karbohidrat ( $p=0,038$ ) artinya semakin baik konsumsi makanan maka semakin baik pula status gizi pada santri.

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## ABSTRACT

**Annisa Ansis Tasha. Nim 5171240003. Relationship between food consumption and nutritional status of female students at Ta'dib Al-Syakirin Modern Islamic Boarding School Medan.**

The purpose of this study is to determine: (1) Characteristics of the family of students; (2) Consumption of Islamic boarding school students; (3) the nutritional status of students in Islamic boarding schools; (4) The relationship between food consumption and the nutritional status of students in Islamic boarding schools. The place of research was carried out at the Ta'dib Al-Syakirin Modern Islamic Boarding School, Medan. The time of the research was carried out in June 2022. The population in this study were all female students aged 12-15 years who were at the Ta'dib Al-Syakirin Modern Islamic Boarding School Medan. The sampling technique was carried out using total sampling, in order to obtain a total sample of 37 people. The research design is cross sectional. The data analysis technique used chi-square.

Based on the research that has been done, the characteristics of the respondents based on the age of the santri with an average age of  $13.70 \pm 0.94$ , the average occupation of the mother is a housewife, the average job of the father is, the average income of the mother is  $2.51 \pm 0.77$ , the average income of the father is  $1,84 \pm 0.76$ , the average family size is  $1.78 \pm 0.75$  the average nutritional status is  $1.378 \pm 0.491$ , and the average consumption of energy foods is  $3.54054 \pm 1.4062$ , carbohydrates  $2.9189 \pm 0.3634$ , protein  $3,7027 \pm 1.0237$ , fat  $2.9189 \pm 0.3634$ . There is a significant relationship between food consumption and nutritional status of female students with energy values ( $p=0.002$ ) and carbohydrates ( $p=0.038$ ). the better the nutritional status of the students.

