

ABSTRAK

Triola Chairunnisa: Hubungan Densitas Energi dan Perilaku Jajan dengan Status Gizi Remaja SMA Swasta Budisatrya Medan. Skripsi. Program Studi Gizi. Jurusan Pendidikan Kesejahteraan Keluarga. Fakultas Teknik Universitas Negeri Medan. 2023.

Status gizi merupakan status keadaan tubuh yang dapat dipengaruhi oleh densitas energi dan perilaku jajan. Tujuan penelitian ini untuk mengetahui 1) Karakteristik responden; 2) Densitas energi; 3) Perilaku jajan; 4) Status gizi; 5) Hubungan densitas energi dengan status gizi; 6) Hubungan perilaku jajan dengan status gizi; dan 7) Hubungan densitas energi dan perilaku jajan dengan status gizi. Tempat penelitian ini SMA Swasta Budisatrya Medan. Waktu penelitian Oktober-Desember 2022. Populasi penelitian seluruh siswa kelas XI dengan jumlah 115 siswa. Teknik pengambilan sampel secara *simple random sampling* sehingga diperoleh sampel sebanyak 53 siswa. Desain penelitian yang digunakan adalah *cross-sectional*. Teknik pengumpulan data untuk densitas energi *food-recall 3x24* jam. Perilaku jajan diperoleh dengan menggunakan kuesioner. Status gizi melalui pengukuran antropometri BB/TB. Teknik analisis data secara deskriptif, korelasi *rank spearman*, dan regresi linier berganda.

Berdasarkan hasil penelitian ini densitas energi siswa termasuk kategori tinggi sebesar 57 persen, perilaku jajan termasuk kategori baik sebesar 68 persen, dan status gizi termasuk kategori gizi lebih sebesar 43,40 persen. Hasil analisis *rank spearman* terdapat hubungan yang positif dan signifikan antara densitas energi dengan status gizi dengan nilai korelasi sebesar 0,588 dan *p-value* (0,000) pada taraf signifikansi 0,05 artinya semakin baik densitas energi maka akan semakin baik status gizi siswa. Hasil analisis *rank spearman* terdapat hubungan positif dan signifikan antara perilaku jajan dengan status gizi dengan nilai korelasi sebesar 0,613 dan *p-value* (0,000) pada taraf signifikansi 0,05 artinya semakin baik perilaku jajan siswa maka semakin baik status gizi siswa. Hasil analisis regresi linier berganda menunjukkan terdapat hubungan yang negatif dan signifikan antara densitas energi dan perilaku jajan dengan status gizi ($0,000 < 0,05$) dengan $Y = -10,176 + 3,2X_1 + 6,2X_2$. Hasil penelitian ini menunjukkan konstanta negatif sebesar -10,176. Artinya apabila densitas energi dan perilaku jajan sama dengan nol (0) maka status gizi mengalami penurunan. Nilai koefisien regresi variabel densitas energi (X_1) yaitu sebesar 3,2 artinya densitas energi berhubungan positif dengan status gizi. Nilai koefisien regresi variabel perilaku jajan (X_2) yaitu sebesar 6,2 artinya perilaku jajan berhubungan positif dengan status gizi. Hasil penelitian menunjukkan densitas energi dan perilaku jajan berhubungan dengan status gizi. Perilaku jajan merupakan variabel yang paling dominan hubungannya dengan status gizi karena nilai koefisien regresinya 6,2; lebih besar daripada densitas energi (3,2). Kesimpulan terdapat hubungan antara densitas energi dan perilaku jajan dengan status gizi remaja SMA Swasta Budisatrya Medan.

ABSTRACT

Triola Chairunnisa: Relationship between Dietary Energy Density and Snacking Behavior with Nutritional Status in Adolescent Senior High School Budisatrya Medan. Undergraduate Thesis. Faculty of Engineering State University of Medan. 2023.

Nutritional status may be influenced by energy density and snacking behavior. The purpose of this study was to find out 1) the characteristics of the respondents; 2) Energy density; 3) Snacking behavior; 4) nutritional status; 5) Relationship between energy density and nutritional status; 6) Relationship between snacking behavior and nutritional status; and 7) Relationship between energy density and snacking behavior with nutritional status. The place of this study is Budisatrya Private High School Medan. This study conducted in October-December 2022. The research population is all students of class XI with a total of 115 students. The sampling technique was simple random sampling and 53 students were obtained. The design of this study was cross-sectional. Energy density was collected with 3x24 hour food-recall. Snacking behavior was obtained using a questionnaire. Nutritional status through anthropometric measurements. Descriptive data analysis technique, spearman rank correlation, and multiple linear regression.

Based on the results of this study, students' energy density was in the high by 57 percent, snacking behavior was in the good by 68 percent, and nutritional status was overweight by 43.40 percent. The results of Spearman's rank analysis found a positive and significant relationship between energy density and nutritional status with a correlation value of 0.588 and a p-value (0.000) at a significance level of 0.05 meaning that the better the energy density, the better the nutritional status. There is also found a positive and significant relationship between snacking behavior and nutritional status with a correlation value of 0.613 and a p-value (0.000) at a significance level of 0.05 meaning that the better the snacking behavior, the better the nutritional status. The results of multiple linear regression analysis showed that there was a negative and significant relationship between energy density and snacking behavior with nutritional status ($0.000 < 0.05$) with $Y = -10.176 + 3.2X_1 + 6.2X_2$. The results of this study showed a negative constant of -10.176. This means that if the energy density and snacking behavior are equal to zero (0), the nutritional status will decrease. The regression coefficient value of the energy density variable (X_1) is 3.2, meaning that energy density is positively related to nutritional status. The regression coefficient value of the snacking behavior variable (X_2) is 6.2, meaning that snacking behavior is positively related to nutritional status. The results showed that energy density and snacking behavior were related to nutritional status. Snacking behavior is the most dominant variable related to nutritional status because the value of the regression coefficient is 6.2; greater than the energy density (3,2). The conclusion is that there is a relationship between energy density and snacking behavior with the nutritional status of adolescents at SMA Budisatrya Medan.