

ABSTRAK

Siti Rahmah. NIM 5193540030. “ Hubungan Asupan Zat Gizi Makro Dengan Status Gizi Remaja Di SMPN 17 Medan”. Skripsi. Program Studi Gizi. Fakultas Teknik. Universitas Negeri Medan. 2024.

Remaja merupakan salah satu kelompok yang paling rentan mengalami masalah gizi. Dapat dikatakan bahwa remaja sangat mungkin mengalami masalah gizi. Ada tiga alasan mengapa remaja tergolong rentan. Pertama, tubuh yang tumbuh dan berkembang dengan cepat membutuhkan energi dan asupan zat gizi dalam jumlah yang lebih besar. Kedua, kebiasaan makan dan gaya hidup seperti citra tubuh dan aktivitas fisik akan mempengaruhi jumlah asupan konsumsi makanan dan zat gizi. Ketiga, kurangnya berolahraga, menyalahgunakan alkohol dan obat-obatan, meningkatkan asupan energi dan zat gizi lainnya. Selain itu banyak remaja yang mengonsumsi makanan secara berlebihan dan akhirnya memiliki berat badan berlebih. Penelitian ini bertujuan untuk mengetahui (1) Asupan zat gizi makro pada remaja di SMPN 17 Medan. (2) Status gizi pada remaja di SMPN 17 Medan. (3) Hubungan asupan zat gizi makro dengan status gizi pada remaja di SMPN 17 Medan. Penelitian ini menggunakan metode kuantitatif observasional dengan pendekatan *cros-sectional*. Penelitian dilaksanakan di SMPN 17 Medan. Sampel diambil menggunakan *Purposive Sampling*, dengan jumlah sampel sebanyak 91 responden yang memenuhi kriteria inklusi dan eksklusi. Pengumpulan data mengenai data karakteristik responden melalui wawancara dan menggunakan kuesioner, asupan zat gizi makro menggunakan formulir *food recall* 2x24 jam dan status gizi diukur berdasarkan Z-score (IMT/U). Analisis data dilakukan dengan metode deskriptif dan uji *rank spearman*. Hasil penelitian menunjukkan bahwa dari 91 responden terdapat 68,1% yang memiliki status gizi baik, responden yang memiliki asupan energi kurang sebanyak 86,8 %, responden yang memiliki asupan protein yang sangat kurang sebanyak 72,5%, responden yang memiliki asupan karbohidrat baik sebanyak 44% , demikian pula dengan asupan lemak memiliki kategori baik sebanyak 44%. Hasil analisis uji *rank spearman* menunjukkan hubungan status gizi terhadap asupan energi ($P= 0,107$), asupan protein ($p= 0,144$), asupan karbohidrat ($p= 0,051$), asupan lemak ($p= 0,292$). Dengan demikian, kesimpulan dari penelitian ini menunjukkan bahwa tidak ada hubungan antara asupan zat gizi makro dengan status gizi remaja di SMPN 17 Medan.

Kata kunci : Asupan karbohidrat, Asupan protein, Asupan lemak, Status gizi, Remaja

ABSTRACT

Siti Rahmah. NIM 5193540030. "The Relationship between Macronutrient Intake and the Nutritional Status of Adolescents at SMPN 17 Medan". Thesis. Nutrition Study Program. Faculty of Engineering. Medan State University. 2024

Adolescents are one of the most vulnerable groups to nutritional problems. It can be said that adolescents are very likely to experience nutritional problems. There are three reasons why adolescents are vulnerable. First, a rapidly growing and developing body requires greater amounts of energy and nutrient intake. Second, eating and lifestyle habits such as body image and physical activity will affect the amount of food and nutrient intake. Thirdly, lack of exercise, abuse of alcohol and drugs, increase the intake of energy and other nutrients, and many adolescents who is over-eating and eventually become overweight. This study aims to determine (1) Macronutrient intake in adolescents at SMPN 17 Medan. (2) Nutritional status of adolescents at SMPN 17 Medan. (3) The relationship between macronutrient intake and nutritional status in adolescents at SMPN 17 Medan. This study used an observational quantitative method with a cros-sectional approach. The research was conducted at SMPN 17 Medan. Samples were taken using purposive sampling, with a total sample of 91 respondents who met the inclusion and exclusion criteria. Data collection regarding respondent characteristics data through interviewed and using questionnaires, macronutrient intake using 2x24 hour food recall forms and nutritional status measured based on Z-score (IMT/U). Data were analyzed using descriptive method and spearman rank test. The results showed that out of 91 respondents there were 68.1% who had good nutritional status, respondents who had less energy intake as much as 86.8%, respondents who had very less protein intake as much as 72.5%, respondents who had good carbohydrate intake as much as 44%, as well as fat intake had a good category as much as 44%. Spearman rank test analysis results showed the correlation between nutritional status and energy intake ($P = 0.107$), protein intake ($p = 0.144$), carbohydrate intake ($p = 0.051$), fat intake ($p = 0.292$). Therefore, conclusion of this study shows that there is no relationship between macronutrient intake and nutritional status of adolescents at SMPN 17 Medan..

Keywords :Carbohydrate intake, protein intake, fat intake, nutritional status, adolescents