

ABSTRAK

Emya Meliani Br Sitepu: Hubungan Asupan Energi dan Aktivitas Fisik dengan Status Gizi Pada Remaja di SMA Negeri 1 Tigapanah. Skripsi. Prodi Gizi. Fakultas Teknik Universitas Negeri Medan. 2025

Remaja merupakan masa peralihan dari masa anak-anak menuju dewasa. Remaja merupakan salah satu kelompok yang rentan mengalami masalah gizi. Berdasarkan *World Health Organization* (WHO) 2016, prevalensi status gizi remaja usia 5-19 tahun sebesar 10,5% kurus, 18,4% gemuk dan 6,8% obesitas. Berdasarkan hasil Survei Kesehatan Indonesia (SKI) Tahun 2023 prevalensi status gizi di Indonesia berdasarkan IMT/U umur 16-18 tahun diperoleh gizi buruk sebesar 1,7%, gizi kurang sebesar 6,6%, gizi baik sebesar 79,6%, gizi lebih sebesar 8,8%, dan obesitas sebesar 3,3%. Banyak faktor yang menyebabkan masalah status gizi diantaranya asupan energi dan aktivitas fisik. Tujuan penelitian ini yaitu untuk mengetahui hubungan asupan energi dan aktivitas fisik dengan status gizi pada remaja di SMA Negeri 1 Tigapanah. Desain penelitian ini adalah *cross-sectional*. Populasi penelitian ini adalah remaja kelas XI. Teknik pengambilan sampel menggunakan teknik *cluster sampling* dengan jumlah sampel sebanyak 63 responden. Penelitian ini dilaksanakan pada bulan Oktober – November 2024. Teknik pengambilan data menggunakan kuesioner dan pengukuran berat badan dan tinggi badan. Teknik pengambilan data menggunakan kuesioner *Food Recall 2x24 jam* dan kuesioner *Physical Activity Level (PAL) 2x24 jam*. Analisis data yang dilakukan meliputi analisis bivariat dengan menggunakan *Rank Spearman* dan analisis multivariat dengan menggunakan Regresi Linear Berganda. Hasil uji Rank Spearman pada variabel asupan energi, menunjukkan terdapat hubungan yang signifikan antara asupan energi dengan status gizi, dengan nilai koefisien korelasi yaitu $r = 0,289$ dan $p\text{-value} = 0,022$. Hasil uji Rank Spearman pada variabel aktivitas fisik, menunjukkan terdapat hubungan yang signifikan antara aktivitas fisik dengan status gizi, dengan nilai koefisien korelasi yaitu $r = -0,453$ dan $p\text{-value} = 0,000$. Hasil uji Regresi Linear Berganda menunjukkan terdapat hubungan antara asupan energi dan aktivitas fisik dengan status gizi remaja dengan persamaan regresi $Y = 3,386 + 0,021X_1 - 3,111X_2$ dengan nilai adjusted R square diperoleh sebesar 0,235. Hasil analisis multivariat pengaruh variabel asupan energi dan aktivitas fisik terhadap status gizi sebesar 23,5%. Kesimpulan penelitian ini adalah terdapat hubungan asupan energi dan aktivitas fisik dengan status gizi pada remaja.

Kata Kunci: status gizi, asupan energi, aktivitas fisik, remaja

ABSTRACT

Emya Meliani Br Sitepu: *The Relationship between Energy Intake and Physical Activity with Nutritional Status in Adolescents at SMA Negeri 1 Tigapanah.* Thesis. Nutrition Study Program. Faculty of Engineering, State University of Medan. 2025

Adolescence is a transition period from childhood to adulthood. Adolescents are one of the groups that are vulnerable to nutritional problems. Based on the World Health Organization (WHO) 2016, the prevalence of nutritional status of adolescents aged 5-19 years was 10.5% thin, 18.4% fat and 6.8% obese. Based on the results of the Indonesian Health Survey (SKI) in 2023, the prevalence of nutritional status in Indonesia based on BMI/U aged 16-18 years was obtained as malnutrition of 1.7%, undernutrition of 6.6%, good nutrition of 79.6%, overnutrition of 8.8%, and obesity of 3.3%. Many factors cause nutritional status problems, including energy intake and physical activity. The purpose of this study was to determine the relationship between energy intake and physical activity with nutritional status in adolescents at SMA Negeri 1 Tigapanah. The design of this study was cross-sectional. The population of this study was adolescents in grade XI. The sampling technique used cluster sampling technique with a sample size of 63 respondents. This study was conducted in October - November 2024. The data collection technique used a questionnaire and measurements of body weight and height. The data collection technique used a 2x24-hour Food Recall questionnaire and a 2x24-hour Physical Activity Level (PAL) questionnaire. Data analysis carried out included bivariate analysis using Spearman Rank and multivariate analysis using Multiple Linear Regression. The results of the Spearman Rank test on the energy intake variable showed a significant relationship between energy intake and nutritional status, with a correlation coefficient value of $r = 0.289$ and $p\text{-value} = 0.022$. The results of the Spearman Rank test on the physical activity variable showed a significant relationship between physical activity and nutritional status, with a correlation coefficient value of $r = -0.453$ and $p\text{-value} = 0.000$. The results of the Multiple Linear Regression test showed a relationship between energy intake and physical activity with the nutritional status of adolescents with a regression equation of $Y = 3.386 + 0.021X_1 - 3.111X_2$ with an adjusted R square value of 0.235. The results of the multivariate analysis of the influence of energy intake and physical activity variables on nutritional status were 23.5%. The conclusion of this study is that there is a relationship between energy intake and physical activity with nutritional status in adolescents.

Keywords: nutritional status, energy intake, physical activity, adolescents