

ABSTRAK

Heniza Putri Aprilia : Hubungan Asupan Energi, Asupan Serat dan Aktivitas Fisik dengan Status Gizi Santriwati di Pondok Pesantren Darus Sholihin Labuhanbatu. Skripsi. Prodi Gizi. Fakultas Teknik. Universitas Negeri Medan. 2025.

Status gizi remaja dipengaruhi oleh berbagai faktor, termasuk asupan zat gizi dan aktivitas fisik. Pondok pesantren sebagai lingkungan pendidikan memiliki pola konsumsi dan aktivitas fisik yang khas, yang dapat berdampak pada status gizi santriwatinya. Oleh karena itu, penelitian ini bertujuan untuk menganalisis hubungan antara asupan energi, asupan serat, dan aktivitas fisik dengan status gizi santriwati di Pondok Pesantren Darus Sholihin Labuhanbatu.

Penelitian dilakukan di Pondok Pesantren Darus Sholihin Labuhanbatu yang dilaksanakan pada bulan November 2024. Penelitian ini menggunakan desain *cross-sectional* dengan sampel sebanyak 52 santriwati yang dipilih melalui teknik *cluster random sampling*. Teknik pengumpulan data menggunakan kuesioner serta pengukuran antropometri berat badan dan tinggi badan. Analisis data dilakukan secara bivariat dengan Uji Korelasi *Rank Spearman* dan multivariat menggunakan Uji *Regresi Linear* Berganda.

The results of this study indicate that there is a positive and significant relationship between energy intake and nutritional status, with a correlation coefficient value of $r = 0.823$ and $p\text{-value} = 0.000$. There is a negative and significant relationship between fiber intake and nutritional status, with a correlation coefficient value of $r = -0.281$ and $p\text{-value} = 0.044$. In addition, there is a negative and significant relationship between physical activity and nutritional status, with a correlation coefficient value of $r = -0.294$ and $p\text{-value} = 0.034$. The results of the Multiple Linear Regression Test show that there is a significant relationship between energy intake and physical activity with nutritional status with a regression equation of $Y = 1.269 + 0.862X_1 + 0.124X_2 - 0.440X_3$ and an adjusted R square value of 0.587.

Kata Kunci : Status Gizi, Asupan Energi, Asupan Serat, Aktivitas Fisik.

ABSTRACT

Heniza Putri Aprilia: *The Relationship between Energy Intake, Fiber Intake and Physical Activity to the Nutritional Status of Female Students at the Darus Sholihin Labuhanbatu Islamic Boarding School*. Thesis. Nutrition Study Program. Faculty of Engineering. State University of Medan. 2025.

Adolescent nutritional status is influenced by various factors, including energy intake, fiber intake, and physical activity. Islamic boarding schools as educational environments have unique consumption patterns and physical activity, which can have an impact on the nutritional status of female students. Therefore, this study aims to analyze the relationship between energy intake, fiber intake, and physical activity on the nutritional status of female students at the Darus Sholihin Labuhanbatu Islamic Boarding School.

The study was conducted at the Darus Sholihin Labuhanbatu Islamic Boarding School which was implemented in November 2024. This study used a cross-sectional design with a sample of 52 female students selected through cluster random sampling techniques. Data collection techniques using questionnaires and anthropometric measurements of body weight and height. Data analysis was carried out bivariately with the Spearman Rank Correlation Test and multivariately using the Multiple Linear Regression Test.

The results of this study indicate that there is a positive and significant relationship between energy intake and nutritional status, with a correlation coefficient value of $r = 0.462$ and $p\text{-value} = 0.001$. There is a positive and significant relationship between fiber intake and nutritional status, with a correlation coefficient value of $r = 0.281$ and $p\text{-value} = 0.044$. In addition, there is a negative and significant relationship between physical activity and nutritional status, with a correlation coefficient value of $r = -0.294$ and $p\text{-value} = 0.034$. The results of the Multiple Linear Regression Test show that there is a significant relationship between energy intake, fiber intake and physical activity with nutritional status with a regression equation of $Y = 2.962 + 0.325X_1 + 0.027X_2 - 0.654X_3$ and an adjusted R square value of 0.217.

Keywords: Nutritional Status, Energy Intake, Fiber Intake, Physical Activity.