

ABSTRAK

Martina Sihotang : *Hubungan Kualitas Diet Dengan Status Gizi Siswa SMAS Methodist Tanjung Morawa. Skripsi. Prodi Gizi. Fakultas Teknik Universitas Negeri Medan. 2025.*

Masalah gizi merupakan keadaan tidak seimbang antara konsumsi makanan dengan kebutuhan zat gizi yang dianjurkan. Banyak faktor yang mempengaruhi remaja rentan mengalami masalah gizi antara lain asupan makanan, kebiasaan sarapan, aktivitas fisik, lingkungan, genetik, faktor kesehatan dan status sosial ekonomi. Asupan makanan merupakan faktor penyebab langsung masalah gizi. Konsumsi makanan tidak hanya terkait dengan kecukupan gizi (kuantitas), tetapi juga mencerminkan keragaman makanan yang dikonsumsi (kualitas). Kualitas diet dapat menggambarkan mutu asupan makanan sehingga mampu meningkatkan status gizi optimal. Penelitian ini bertujuan untuk mengetahui hubungan kualitas diet dengan status gizi siswa SMAS Methodist Tanjung Morawa.

Penelitian ini dilaksanakan di SMAS Methodist Tanjung Morawa dan dilaksanakan pada September – Oktober 2024. Desain penelitian ini adalah penelitian *cross-sectional*. Pengambilan sampel pada penelitian menggunakan teknik cluster sampling yaitu sebanyak 59 orang siswa kelas XI. Teknik pengumpulan data kualitas diet menggunakan formulir *Semi-Quantitative Food Frequency Questionnaire* (SQ-FFQ) lalu dianalisis menggunakan metode *Diet Quality Index-International* (DQI-I). Teknik pengumpulan data status gizi menggunakan timbangan digital dan *microtoise*. Analisis data dilakukan secara univariat dan bivariat menggunakan uji korelasi *Rank-Spearman*.

Berdasarkan hasil penelitian diperoleh bahwa 32 siswa (54,2%) memiliki kualitas diet tinggi dan 27 (45,8%) siswa memiliki kualitas diet rendah. Hasil penelitian menunjukkan 37 siswa (62,7%) memiliki status gizi normal, 4 siswa (6,8%) memiliki status gizi kurang, 7 siswa (11,9%) memiliki status gizi lebih, 11 (18,6%) siswa mengalami obesitas. Hasil analisis uji korelasi *Rank-Spearman* menunjukkan terdapat hubungan signifikan antara kualitas diet dengan status gizi siswa SMAS Methodist Tanjung Morawa ($p\text{-value} = 0,000$) dengan nilai koefisien korelasi sebesar - 0,515 pada taraf signifikansi 0,05 artinya semakin rendah kualitas diet siswa maka semakin tinggi status gizi siswa. Pada penelitian ini ditemukan bahwa semakin besar persentase siswa yang kualitas dietnya rendah maka semakin besar pula persentase siswa dengan gizi lebih dan obesitas.

Kata Kunci : kualitas diet, remaja, status gizi

ABSTRACT

Martina Sihotang: *The Relationship between Diet Quality and Nutritional Status of SMAS Methodist Tanjung Morawa Students. Thesis. Nutrition Study Program. Faculty of Engineering, State University of Medan. 2025.*

Nutritional problems are a state of imbalance between food consumption and recommended nutrient requirements. Many factors influence adolescents' susceptibility to nutritional problems, including food intake, breakfast habits, physical activity, environment, genetics, health factors and socioeconomic status. Food intake is a direct contributing factor to nutrition problems. Food consumption is not only related to nutrient adequacy (quantity), but also reflects the diversity of food consumed (quality). Diet quality can describe the quality of food intake so as to improve optimal nutritional status. This study aims to determine the relationship between diet quality and the nutritional status of SMAS Methodist Tanjung Morawa students.

This study was conducted at SMAS Methodist Tanjung Morawa and was conducted in September – October 2024. This research design is cross sectional research. Sampling in the study using cluster sampling technique was 59 students in class XI. The technique of collecting dietary quality data using the Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ) form and then analyzed using the Diet Quality Index-International (DQI-I) method. Nutritional status data collection techniques used digital scales and microtoise. Data were analyzed univariately and bivariately using the Rank-Spearman correlation test.

Based on the results of the study, it was found that 32 students (54.2%) had high diet quality and 27 students had low diet quality. The results showed that 37 students (62.7%) had normal nutritional status, 4 students (6.8%) had underweight nutritional status, 7 students (11.9%) had overweight nutritional status, 11 (18.6%) students were obese. The results of the Rank-Spearman correlation test analysis showed that there was a significant relationship between diet quality and nutritional status of SMAS Methodist Tanjung Morawa students ($p\text{-value} = 0.000$) with a correlation coefficient of -0.515 at a significance level of 0.05 , meaning that the lower the quality of the student's diet, the higher the student's nutritional status. This study found that the greater the percentage of students with poor diet quality, the greater the percentage of overweight and obese students.

Keywords: diet quality, adolescents, nutritional status