

ABSTRAK

Kartika Mutiara. Hubungan Pengetahuan Gizi Seimbang Dan Pola Makan Dengan Status Gizi Pada Siswa MAN 1 Medan. Fakultas Teknik. Universitas Negeri Medan. 2025.

Ketidaknormalan status gizi merupakan suatu kondisi kesehatan yang terjadi akibat ketidakseimbangan antara asupan gizi dengan kebutuhan tubuh. Di provinsi Sumatera Utara, masih terdapat status gizi tidak normal sebesar 23,8% pada remaja usia 13-15 tahun dan 20,4% pada remaja 16-18 tahun. Tujuan penelitian ini untuk mengetahui karakteristik siswa, tingkat pengetahuan gizi seimbang, pola makan, status gizi siswa, hubungan pengetahuan gizi seimbang dengan status gizi, hubungan pola makan dengan status gizi serta hubungan pengetahuan gizi seimbang dan pola makan dengan status gizi.

Metode penelitian ini adalah kuantitatif dengan desain penelitian *cross sectional*. Penelitian ini dilakukan di MAN 1 Medan, Sumatera Utara. Teknik pengambilan sampel menggunakan *purposive sampling*. Populasi sebanyak 128 orang dengan sampel sebanyak 61 orang. Teknik pengumpulan data pengetahuan gizi seimbang menggunakan kuesioner dengan 21 pertanyaan, pola makan menggunakan *Food Frequency Questionnaire* (FFQ) sedangkan status gizi dengan melakukan pengukuran berat badan dan tinggi badan. Teknik analisis data menggunakan uji *rank spearman* dan regresi logistik.

Hasil penelitian menunjukkan pengetahuan gizi kurang 44,3%, sedang 37,7%, baik 18%. Pola makan yang terbentuk adalah pola makan *prudent* dan *western*. Status gizi siswa kategori gizi tidak baik 49,2% dan gizi baik 50,8%. Hasil uji *rank spearman* menunjukkan hubungan searah antara pengetahuan gizi seimbang dengan status gizi siswa dengan korelasi 0,776 dengan *p-value* (0,000) dan hasil uji *rank spearman* tidak terdapat hubungan antara pola makan dengan status gizi siswa dengan nilai korelasi *prudent* 0,123 dan signifikansi 0,345 selanjutnya pada *western* dengan nilai korelasi -0,225 dengan nilai signifikansi 0,081 yang artinya kedua pola makan tidak terdapat hubungan dengan status gizi. Hasil uji regresi logistik menunjukkan adanya hubungan antara pengetahuan gizi seimbang dengan status gizi dengan nilai *p-value* (0,000).

Kata kunci : Pengetahuan gizi seimbang, *Prudent*, *Western*, Status gizi

ABSTRACT

Kartika Mutiara. The Relationship Between Knowledge of Balanced Nutrition and Dietary Patterns with Nutritional Status in Students of MAN 1 Medan. Faculty of Engineering. State University of Medan. 2025.

Abnormal nutritional status is a health condition resulting from an imbalance between nutritional intake and body needs. In North Sumatra province, there is still an abnormal nutritional status of 23.8% in adolescents aged 13-15 years and 20.4% in adolescents aged 16-18 years. The purpose of this study was to determine student characteristics, their level of knowledge about balanced nutrition, their dietary patterns, their nutritional status, the relationship between knowledge about balanced nutrition and nutritional status, the relationship between dietary patterns and nutritional status, and the relationship between knowledge about balanced nutrition and dietary patterns and nutritional status.

This study used a quantitative cross-sectional design. The study was conducted at MAN 1 Medan, North Sumatra. The sampling technique used purposive sampling. The population consisted of 128 students, with a sample size of 61. Data collection included a 21-question questionnaire for knowledge about balanced nutrition, a Food Frequency Questionnaire (FFQ), and nutritional status by measuring weight and height. Data analysis used the Spearman rank sum test and logistic regression.

The results showed that 44.3% of students had poor nutritional knowledge, 37.7% had moderate nutritional knowledge, and 18% had good nutritional knowledge. The dietary patterns observed were prudent and Western. 49.2% of students were classified as poor nutritional status, and 50.8% were classified as good nutritional status. The results of the Spearman rank test showed a unidirectional relationship between balanced nutrition knowledge and students' nutritional status with a correlation of 0.776 with a p-value (0.000) and the results of the Spearman rank test showed no relationship between eating patterns and students' nutritional status with a prudent correlation value of 0.123 and a significance of 0.345, then in the western with a correlation value of -0.225 with a significance value of 0.081, which means that both eating patterns have no relationship with nutritional status. The results of the logistic regression test showed a relationship between balanced nutrition knowledge and nutritional status with a p-value (0.000).

Keywords : *Balanced nutrition knowledge, Prudent , Western, Nutritional status*