

ABSTRAK

Richka Kharisma Samosir: Hubungan Kecukupan Energi dan Densitas Energi dengan Status Gizi Anggota Asrama Panti Asuhan Tunagrahita Santa Lusia Laut Dendang. Skripsi. Program Studi Gizi. Jurusan Pendidikan Kesejahteraan Keluarga. Fakultas Teknik. Universitas Negeri Medan. 2025.

Status gizi pada kelompok penyandang disabilitas lebih rentan mengalami malnutrisi. Hasil observasi ditemukan bahwa sebesar 50% memiliki status gizi tidak normal. Tujuan untuk mengetahui 1) Karakteristik responden 2) Kecukupan energi; 3) Densitas energi; 4) Status Gizi; 5) Hubungan kecukupan energi dengan status gizi; 6) Hubungan densitas energi dengan status gizi; 7) Hubungan kecukupan energi dan densitas energi dengan status gizi.

Penelitian ini dilaksanakan di Asrama Panti Asuhan Tunagrahita Santa Lusia Laut Dendang. Waktu penelitian Juni 2025. Teknik pengambilan sampel adalah total sampel sehingga sampel sebanyak 50 orang. Desain penelitian yang digunakan adalah *cross-sectional*. Teknik pengumpulan data untuk kecukupan energi dan densitas energi menggunakan *food weighing* 2x24 jam. Pengukuran status gizi menggunakan antropometri BB/TB. Teknik analisis data secara deskriptif dan korelasi *rank spearman*.

Berdasarkan hasil penelitian ini kecukupan energi penyandang disabilitas kategori kurang sebesar 54% dan normal sebesar 46%, densitas energi dengan kategori rendah 52% dan kategori sedang sebesar 48%, dan status gizi normal 48% sementara status gizi tidak normal 52%. Hasil analisis *rank spearman* terdapat hubungan yang positif dan signifikan antara kecukupan energi dan densitas energi dengan nilai korelasi 0.318 dengan *p-value* = 0.024 dengan taraf signifikansi 0,05 artinya semakin tinggi tingkat kecukupan energi maka akan semakin tinggi status gizi tidak normal penyandang disabilitas. Hasil analisis uji *Rank Spearman* menunjukkan hubungan tidak signifikan antara densitas energi dan status gizi pada penyandang disabilitas dengan koefisien korelasi atau $r = 0,119$ (tingkat hubungan lemah) dengan *p-value* = 0,412.

Kata kunci : Densitas energi, Kecukupan Energi, Status gizi

ABSTRACT

Richka Kharisma Samosir: The Relationship between Energy Adequacy and Energy Density with the Nutritional Status of the Dormitory Members of the Santa Lusia Laut Dendang Orphanage for the Mentally Disabled. Thesis. Nutrition Study Program. Department of Family Welfare Education. Faculty of Engineering. State University of Medan. 2025.

The nutritional status of people with disabilities is more vulnerable to malnutrition. Observations found that 50% had abnormal nutritional status. The purpose of this study was to determine 1) Respondent characteristics 2) Energy sufficiency; 3) Energy density; 4) Nutritional status; 5) The relationship between energy sufficiency and nutritional status; 6) The relationship between energy density and nutritional status; 7) The relationship between energy sufficiency and energy density with nutritional status.

The location of this study was at the Santa Lusia Laut Dendang Mentally Disabled Orphanage Dormitory. The research period was June 2025. The sampling technique was total sampling so that the sample was 50 people. The research design used was cross-sectional. Data collection techniques for energy sufficiency and energy density used 2x24-hour food weighing. Nutritional status through anthropometric measurements of BB/TB. Data analysis techniques were descriptive and Spearman rank correlation..

Based on the results of this study, the energy adequacy of people with disabilities is 54%t less and normal by 46%, energy density with a low category of 52% and a medium category of 48%, and normal nutritional status is 48% while abnormal nutritional status is 52%. The results of the Spearman rank analysis show a positive and significant relationship between energy adequacy and energy density with a correlation value of 0.318 with a p-value = 0.020 with a significance level of 0.05, meaning that the higher the level energy adequacy, the higher the abnormal nutritional status of people with disabilities. The results of the Spearman Rank test analysis show an insignificant relationship between energy density and nutritional status in people with disabilities with a correlation coefficient or $r = 0.119$ (weak relationship level) with a p-value = 0.412.

Keywords : Energy density, Energy sufficiency Nutritional status.