

ABSTRAK

Agatha Kristina Simamora: Hubungan Aktivitas Fisik dan Pengetahuan Gizi Seimbang dengan Status Gizi Siswa SMPN 1 Sumbul Kab. Dairi. Skripsi. Prodi Gizi. Jurusan Pendidikan Kesejahteraan Keluarga. Fakultas Teknik. Universitas Negeri Medan. 2026.

Masa remaja merupakan perubahan dari masa kanak-kanak menuju dewasa. Masa remaja rentan mengalami masalah gizi, permasalahan gizi yang sering terjadi disebabkan oleh banyak faktor diantaranya aktivitas fisik dan pengetahuan gizi. Penelitian ini bertujuan untuk mengetahui: 1) Karakteristik siswa yaitu jenis kelamin, pendidikan ayah, pendidikan ibu, pekerjaan ayah, pekerjaan ibu dan besar keluarga; 2) Aktivitas fisik siswa; 3) Pengetahuan gizi seimbang siswa; 4) Status gizi siswa; 5) Hubungan aktivitas fisik dengan status gizi siswa; 6) Hubungan pengetahuan gizi seimbang dengan status gizi siswa; 7) Hubungan aktivitas fisik dan pengetahuan gizi seimbang dengan status gizi siswa. Tempat penelitian di SMPN 1 Sumbul. Waktu penelitian September – November 2025. Desain penelitian *cross-sectional*. Populasi dalam penelitian ini seluruh siswa kelas IX₁, IX dan IX₆ dengan jumlah 100 siswa. Teknik pengambilan sampel secara total sampling. Sehingga diperoleh sampel sebanyak 79 siswa. Teknik pengumpulan data menggunakan kuesioner. Data aktivitas fisik menggunakan kuesioner *Physical Activity Level* (PAL) dengan metode recall 2x24 jam. Data pengetahuan gizi seimbang menggunakan tes. Data status gizi dengan mengukur BB/TB. Teknik analisis data secara deskriptif dan uji hipotesis menggunakan uji *Rank Spearman* dan *Regresi Linear Berganda*.

Berdasarkan hasil penelitian ini menunjukkan bahwa, aktivitas fisik siswa termasuk kategori ringan sebesar 48,10 persen. Pengetahuan gizi seimbang siswa termasuk kategori baik sebesar 68,40 persen. Status gizi siswa termasuk kategori baik sebesar 79,70 persen. Hasil analisis korelasi *Rank Spearman* menunjukkan terdapat hubungan yang negatif dan signifikan antara aktivitas fisik dengan status gizi dengan nilai $r = -0,224$ dan $p\text{-value } 0,047$ ($<0,05$) Artinya, semakin rendah aktivitas fisik, maka semakin buruk status gizi siswa. Hasil analisis korelasi *Rank Spearman* menunjukkan tidak terdapat hubungan yang signifikan antara pengetahuan gizi seimbang dengan status gizi dengan nilai $r = 0,210$ dan $p\text{-value } 0,063$ ($>0,05$). Analisis regresi linear berganda tidak dapat dilanjutkan karena salah satu variabel tidak signifikan yaitu variabel pengetahuan gizi seimbang tidak berhubungan dengan variabel status gizi.

Kata Kunci : Aktivitas Fisik, Pengetahuan Gizi Seimbang, Status Gizi, Remaja

ABSTRACT

Agatha Kristina Simamora: *The Relationship between Physical Activity and Balanced Nutrition Knowledge with the Nutritional Status of Students of SMPN 1 Sumbul Dairi Regency. Thesis. Nutrition Study Program. Faculty of Engineering, State University of Medan. 2026*

Adolescence is a transitional stage in life when a person moves from childhood to adulthood. Individuals between the ages of 10 and 19 years are generally categorized as adolescents. This study aims to find out: 1) student characteristics; gender, father's education, mother's education, father's work, mother's work and family size; 2) adolescent physical activity; 3) adolescent balanced nutritional knowledge; (4) adolescent nutritional status; (5) relationship between physical activity and adolescent nutritional status; 6) relationship between balanced nutrition knowledge and adolescent nutritional status; 7) the relationship between physical activity and balanced nutritional knowledge and adolescent nutritional status. This research was carried out at SMPN 1 Sumbul. The research time is September – November 2025. The design of a cross-sectional study with the number of population in this study is all students in grades IX1, IX and IX6 with a total of 100 students. Sampling technique in total sampling. So that a sample of 79 students was obtained. Data collection technique used questionnaires. Physical activity data used Physical Activity Level (PAL) questionnaires with a 2x24-hour recall method. Balanced nutrition knowledge data using a multiple-choice questionnaire. Nutritional status data by measuring weight and height. Data analysis techniques, namely for physical activity, were analyzed using the Physical Activity Level (PAL) formula. Balanced nutrition knowledge data in the score was then categorized into poor, medium and good knowledge. Nutritional status was analyzed with BMI/U z-score. Furthermore, data were described and analyzed using the Sperm Rank and Multiple Linear Regression tests.

Based on the results of this study, it is shown that students' physical activity is included in the light category by 48.10 percent. Students' balanced nutritional knowledge is included in the good category by 68.40 percent. Students' nutritional status is included in the good category by 79.70 percent. The results of the Sperm Rank correlation analysis show that there is a negative and significant relationship between physical activity and nutritional status with a value of $r = -0.224$ and a p-value of 0.047 (<0.05) This means that the lower the student's physical activity, the worse the student's nutritional status. The results of the Sperm Rank correlation analysis showed that there was no significant relationship between balanced nutritional knowledge and nutritional status with a value of $r = 0.210$ and a p-value of 0.063 (>0.05). Multiple linear regression analysis could not be continued because one of the insignificant variables, namely the variable of balanced nutritional knowledge, was not related to the variable of nutritional status.

Keywords: Physical Activity, Balanced Nutrition Knowledge, Nutritional Status, Adolescents