

ABSTRAK

Fransiska Febiola Sitorus : Hubungan Kualitas Diet Dengan Status Gizi Siswa SMAS Hosana Medan. Skripsi. Prodi Gizi. Fakultas Teknik Universitas Negeri Medan. 2026.

Masalah gizi merupakan kondisi ketika asupan makanan yang dikonsumsi tidak sesuai dengan kebutuhan zat gizi berdasarkan rekomendasi yang telah ditetapkan. Prevalensi status gizi remaja usia 16–18 tahun secara nasional berdasarkan IMT/U menunjukkan peningkatan gizi kurang sebesar 0,2% dan penurunan gizi lebih sebesar 1,4%. Sementara itu, di Provinsi Sumatera Utara, prevalensi kedua kategori tersebut mengalami penurunan, yaitu gizi kurang sebesar 0,6% dan gizi lebih sebesar 4,1%. 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. Kualitas diet remaja yang berada pada kategori butuh perbaikan disebabkan oleh rendahnya konsumsi omega-3, asam lemak tidak jenuh ganda, protein nabati, dan sayur. Penelitian ini bertujuan untuk mengetahui hubungan kualitas diet dengan status gizi siswa SMAS Hosana Medan.

Penelitian ini dilaksanakan di SMAS Hosana Medan dan dilaksanakan pada September – November 2025. Desain penelitian ini adalah penelitian *cross-sectional*. Pengambilan sampel pada penelitian menggunakan teknik *Proportional Random Sampling* yaitu sebanyak 53 orang siswa kelas X-XII. Teknik pengumpulan data kualitas diet menggunakan formulir *Semi-Quantitative Food Frequency Questionnaire* (SQ-FFQ) lalu dianalisis menggunakan metode *Diet Alternative Healthy Eating Index* (A-HEI). 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 40 siswa (75,5%) memiliki kualitas diet butuh perbaikan dan 13 (24,5%) siswa memiliki kualitas diet baik. Hasil penelitian menunjukkan 28 siswa (52,8%) memiliki status gizi normal, 1 siswa (1,9%) memiliki status gizi buruk, 5 siswa (9,4%) memiliki status gizi kurang, 17 siswa (32,1%) memiliki status gizi lebih, 2 (3,8%) siswa mengalami obesitas. Hasil analisis uji korelasi *Rank-Spearman* menunjukkan terdapat hubungan signifikan antara kualitas diet dengan status gizi siswa SMAS Hosana Medan ($p\text{-value} = 0,020$) dengan nilai koefisien korelasi sebesar $-0,320$ pada taraf signifikansi 0,05 artinya semakin butuh perbaikan kualitas diet siswa maka semakin tinggi status gizi siswa. Pada penelitian ini ditemukan bahwa semakin besar persentase siswa yang kualitas dietnya butuh perbaikan maka semakin besar pula persentase siswa dengan gizi lebih.

Kata Kunci : kualitas diet, A-HEI, remaja, status gizi

ABSTRACT

Fransiska Febiola Sitorus: The Relationship between Diet Quality and Nutritional Status of SMAS Hosana Medan. Thesis. Nutrition Study Program. Faculty of Engineering, State University of Medan. 2026.

Nutritional problems are conditions where the food intake consumed does not meet the nutritional needs based on established recommendations. The prevalence of nutritional status of adolescents aged 16–18 years nationally based on BMI/U shows an increase in undernutrition of 0.2% and a decrease in overnutrition of 1.4%. Meanwhile, in North Sumatra Province, the prevalence of both categories decreased, namely undernutrition by 0.6% and overnutrition by 4.1%. Food consumption is not only related to nutritional adequacy (quantity), but also reflects the diversity of foods consumed (quality). Diet quality can describe the quality of food intake so as to improve optimal nutritional status. The quality of the diet of adolescents who are in the category needing improvement is due to low consumption of omega-3, polyunsaturated fatty acids, vegetable protein, and vegetables. This study aims to determine the relationship between diet quality and the nutritional status of students at SMAS Hosana Medan.

This research was conducted at SMAS Hosana Medan and was conducted in September – November 2025. This research design was a cross-sectional study. Sampling in the study used the Proportional Random Sampling technique, namely 53 students in grades X-XII. The technique of collecting diet quality data used the Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ) form and then analyzed using the Diet Alternative Healthy Eating Index (A-HEI) method. The technique of collecting nutritional status data used digital scales and microtoise. Data analysis was carried out univariately and bivariately using the Spearman Rank correlation test..

Based on the results of the study, it was found that 40 students (75.5%) had a diet quality that needed improvement and 13 (24.5%) students had a good diet quality. The results showed that 28 students (52.8%) had normal nutritional status, 1 student (1.9%) had poor nutritional status, 5 students (9.4%) had undernutrition, 17 students (32.1%) had overnutrition, 2 (3.8%) 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 students at SMAS Hosana Medan ($p\text{-value}=0.020$) with a correlation coefficient value of -0.320 at a significance level of 0.05, meaning that the more students' diet quality needed improvement, the higher their nutritional status. In this study, it was found that the greater the percentage of students whose diet quality needed improvement, the greater the percentage of students with overnutrition.

Keywords: diet quality, A-HEI, adolescents, nutritional status