

ABSTRAK

Mellyana Sari: Hubungan Aktivitas Fisik Dengan Status Gizi Remaja Di Smk Negeri 1 Percut Sei Tuan Kabupaten Deli Serdang. Skripsi. Fakultas Teknik. Universitas Negeri Medan. 2026

Aktivitas fisik merupakan gerakan tubuh yang dapat meningkatkan pengeluaran tenaga ataupun energi dimana berfungsi untuk pemeliharaan kesehatan fisik, mental, mempertahankan kualitas hidup supaya sehat dan bugar. Di sisi lain, aktivitas fisik merupakan salah satu faktor penting yang memengaruhi keseimbangan energi dalam tubuh. Tingkatan aktivitas fisik seseorang juga dapat mempengaruhi status gizinya, semakin ringan aktivitas fisik yang dilakukan maka semakin tinggi kemungkinan terjadinya obesitas atau kelebihan berat badan. Penelitian ini bertujuan untuk mengetahui karakteristik responden, aktivitas fisik remaja, status gizi remaja dan untuk mengetahui hubungan aktivitas fisik dengan status gizi remaja di SMK Negeri 1 Percut Sei Tuan Kabupaten Deli Serdang. Penelitian ini dilaksanakan di SMK Negeri 1 Percut Sei Tuan. Penelitian ini menggunakan desain *cross sectional*. Populasi penelitian ini adalah siswa/siswi SMK Negeri 1 Percut Sei Tuan. Metode pengambilan sampel dengan *Simple random sampling* berjumlah 90 responden. Metode pengumpulan data aktivitas fisik menggunakan kuesioner *Physical Activity Level* (PAL) 2 x 24 jam, dan untuk status gizi responden didapat berdasarkan hasil perhitungan Indeks Masa Tubuh (IMT) responden. Teknik analisis data secara deskriptif berupa analisis univariat, analisis bivariat menggunakan uji korelasi *Rank Spearman*. Hasil penelitian menunjukkan aktivitas fisik sangat ringan 17 responden (18,9%), ringan 28 responden (31,1%), sedang 29 responden (32,2%), dan berat 16 responden (17,8%), dan responden yang memiliki status gizi sangat kurus ($<-3sd$) 3 responden (3,3%), kurus ($-3sd$ s/d $<-2sd$) 6 responden (6,7%), dan normal ($-2sd$ s/d $+1sd$) 81 responden (90%). Berdasarkan hasil uji *Rank Spearman* diperoleh dengan nilai *correlation coefficient* sebesar 0,324 dan ($pvalue=0,002$) yang menunjukkan adanya hubungan yang signifikan antara aktivitas fisik dengan status gizi pada remaja di SMK Negeri 1 Percut Sei Tuan.

kata kunci: Status gizi, Zscore, Aktivitas fisik (PAL)

ABSTRACT

Mellyana Sari: *The Relationship Between Physical Activity and Nutritional Status of Adolescents at State Vocational High School 1 Percut Sei Tuan, Deli Serdang Regency. Thesis. Faculty of Engineering. University of North Sumatra. 2026*

Physical activity is bodily movement that increases energy expenditure, functioning to maintain physical and mental health and sustain quality of life so as to remain healthy and fit. On the other hand, physical activity is one of the important factors influencing the body's energy balance. A person's level of physical activity can also affect their nutritional status; the lighter the physical activity performed, the higher the likelihood of obesity or being overweight. This study aims to determine respondent characteristics, adolescents' physical activity, adolescents' nutritional status, and the relationship between physical activity and nutritional status among adolescents at SMK Negeri 1 Percut Sei Tuan, Deli Serdang Regency. This study was conducted at SMK Negeri 1 Percut Sei Tuan. It used a cross-sectional design. The study population consisted of students at SMK Negeri 1 Percut Sei Tuan. The sampling technique used was simple random sampling, with a total of 90 respondents. The method for collecting physical activity data used the Physical Activity Level (PAL) questionnaire over a 2 x 24-hour period, while respondents' nutritional status was obtained based on their calculated Body Mass Index (BMI). Data analysis techniques were descriptive, consisting of univariate analysis, while bivariate analysis used the Spearman Rank correlation test. Results showed that 17 respondents (18.9%) had very light physical activity, 28 respondents (31.1%) had light physical activity, 29 respondents (32.2%) had moderate physical activity, and 16 respondents (17.8%) had heavy physical activity. Regarding nutritional status, 3 respondents (3.3%) were classified as severely thin ($<-3SD$), 6 respondents (6.7%) as thin ($-3SD$ to $<-2SD$), and 81 respondents (90%) as normal ($-2SD$ to $+1SD$). The Spearman Rank test results yielded a correlation coefficient of 0.324 ($p\text{-value} = 0.002$), indicating a significant relationship between physical activity and nutritional status among adolescents at SMK Negeri 1 Percut Sei Tuan.

Keywords: Nutritional status, Zscore, Physical activity (PAL)