

ABSTRAK

Nabila Risa Adha: Hubungan Asupan Energi Dan Aktivitas Fisik Dengan Status Gizi Siswa Di Madrasah Tsanawiyah Swasta Muhammadiyah 01 Medan. Skripsi Prodi Gizi, Fakultas Teknik. Universitas Negeri Medan. 2026.

Status gizi merupakan gambaran keseimbangan antara asupan energi dan aktivitas fisik. Asupan energi yang tidak sesuai dengan kebutuhan tubuh serta aktivitas fisik yang tidak seimbang dapat mengganggu keseimbangan energi sehingga meningkatkan risiko terjadinya gizi kurang maupun gizi lebih. Tujuan penelitian ini untuk mengetahui hubungan antara asupan energi dan aktivitas fisik dengan status siswa di Madrasah Tsanawiyah Swasta Muhammadiyah 01 Medan. Penelitian ini dilaksanakan pada siswa di Madrasah Tsanawiyah Swasta Muhammadiyah 01 Medan pada bulan Mei hingga Juni 2026. Populasi penelitian berjumlah 46 siswa yang terdiri dari kelas VII dan VIII. Teknik pengambilan sampel yaitu *total sampling* dengan jumlah 46 siswa yakni kelas VII dan VIII. Desain penelitian yang dilakukan adalah *cross sectional* responden. Teknik pengumpulan data asupan energi menggunakan *food recall* 2x24 jam pada *weekend* dan *weekday*. Data aktivitas fisik diperoleh melalui *recall* aktivitas fisik 2x24 jam pada *weekend* dan *weekday* kemudian dianalisis menggunakan metode Physical Activity Level (PAL). Data status gizi diperoleh melalui hasil antropometri yang meliputi pengukuran berat badan menggunakan alat ukur timbangan digital dan tinggi badan menggunakan alat ukur *microtoise* yang dilakukan secara langsung. Teknik analisis data yang digunakan pada penelitian ini yakni uji *rank spearman* dan uji regresi logistik binomial. Hasil penelitian ini menunjukkan terdapat hubungan signifikan dan positif antara asupan energi dengan status gizi, dengan nilai $p\text{-value} = 0,017$ dan $r = 0,350$. Aktivitas fisik dengan status gizi juga memiliki hubungan yang signifikan namun korelasi koefisien yang negatif, dengan $p\text{-value} = <0,001$ dan nilai $r = -0,590$. Berdasarkan hasil analisis uji regresi logistik binomial asupan energi memiliki nilai $p\text{-value} = 0,022$ dan aktivitas fisik = 0,002. Nilai *Nagelkerke R Square* sebesar 0,414 menunjukkan bahwa asupan energi dan aktivitas fisik menjelaskan 41,4% variasi status gizi, sedangkan 58,6% dipengaruhi faktor lain. Aktivitas fisik merupakan variabel yang paling dominan memengaruhi status gizi dengan nilai *Wald* 9,534. Berdasarkan hasil penelitian ini dapat disimpulkan bahwa asupan energi dan aktivitas fisik berhubungan dengan status gizi siswa di Madrasah Tsanawiyah Swasta Muhammadiyah 01 Medan.

Kata kunci: Aktivitas Fisik, Asupan Energi, Remaja, Status Gizi

ABSTRACT

Nabila Risa Adha: The Relationship Between Energy Intake and Physical Activity with Nutritional Status of Students at Muhammadiyah 01 Medan Private Islamic Junior High School. Undergraduate Thesis, Nutrition Study Program, Faculty of Engineering, Universitas Negeri Medan. 2026.

Nutritional status reflects the balance between energy intake and physical activity. Inadequate energy intake and imbalanced physical activity can disrupt energy balance, thereby increasing the risk of both undernutrition and overnutrition. This study aimed to determine the relationship between energy intake and physical activity with the nutritional status of students at Madrasah Tsanawiyah Swasta Muhammadiyah 01 Medan. The study was conducted from May to June 2026. The study population consisted of 46 students from grades VII and VIII. The sampling technique used was total sampling, resulting in 46 students from grades VII and VIII as the study sample. This study employed a cross sectional research design. Data on energy intake were collected using two non consecutive 24 hour food recalls conducted on one weekday and one weekend day. Physical activity data were collected using two 24 hour physical activity recalls on one weekday and one weekend day and were analyzed using the Physical Activity Level (PAL) method. Nutritional status data were obtained through anthropometric measurements, including direct measurements of body weight using a digital weighing scale and height using a microtoise. Data were analyzed using Spearman's Rank correlation test and binary logistic regression. The results showed a significant positive relationship between energy intake and nutritional status, with a $p\text{-value}=0,017$ and a correlation coefficient $r=0,350$ and. Physical activity was also significantly associated with nutritional status, but with a negative correlation coefficient of $p\text{-value} = <0,001$ and $r=-0,590$. Binary logistic regression analysis showed that energy intake had a $p\text{-value}=0,022$, while physical activity had a $p\text{-value}=0,002$. The Nagelkerke R Square value of 0,414, indicating that energy intake and physical activity explained 41,4% of the variation in nutritional status, while the remaining 58,6% was influenced by other factors. physical activity was the most dominant factor affecting nutritional status with a Wald value 9,534. In conclusion, energy intake and physical activity were significantly associated with the nutritional status of students at Muhammadiyah 01 Medan Private Islamic Junior High School.

Keywords: Physical Activity, Energy Intake, Adolescents, Nutritional Status.