

**HUBUNGAN PENGETAHUAN GIZI SEIMBANG, ASUPAN
ENERGI, FREKUENSI JAJAN, DAN KETERPAPARAN
IKLAN PANGAN DENGAN STATUS GIZI SISWA PROGRAM
KEAHLIAN JASA BOGA DI SMKN 57 JAKARTA TAHUN
2017**

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Abstrak

Kejadian gizi lebih pada remaja di DKI Jakarta menduduki peringkat tertinggi secara nasional. Dalam jangka panjang, gizi lebih pada remaja dapat menjadi manifestasi terhadap terjadinya PTM (Penyakit Tidak Menular). Perubahan gaya hidup, pola makan, serta media massa berkontribusi terhadap perubahan status gizi. Penelitian ini bertujuan untuk mengetahui hubungan antara pengetahuan gizi seimbang, asupan energi, frekuensi jajan, dan keterpaparan iklan pangan dengan status gizi siswa program keahlian jasa boga di SMKN 57 Jakarta. Rancangan penelitian menggunakan desain *Cross-Sectional* dengan analisis statistik uji *Chi-Square*. Jumlah sampel 68 siswa kelas X program keahlian jasa boga diambil secara *Stratified Random Sampling*. Hasil analisis univariat menunjukkan sebanyak 51 orang (75%) memiliki status gizi normal dan sebanyak 17 orang (25%) memiliki status gizi lebih. Hasil analisis bivariat menunjukkan pengetahuan gizi seimbang dan asupan energi dinyatakan terdapat hubungan dengan status gizi ($p\text{-value} < 0,05$) sementara, frekuensi jajan dan keterpaparan iklan pangan dinyatakan tidak ada hubungan dengan status gizi ($p\text{-value} > 0,05$). Terdapat hubungan antara pengetahuan gizi seimbang dan asupan energi dengan status gizi siswa program keahlian jasa boga di SMKN 57 Jakarta. Hasil penelitian menyarankan penyuluhan PGS sebagai salah satu upaya pencegahan gizi lebih pada siswa program keahlian jasa boga di SMKN 57 Jakarta.

Kata Kunci : Asupan Energi, Frekuensi Jajan, Keterpaparan Iklan Pangan, Pengetahuan Gizi Seimbang, Status Gizi,

**THE CORRELATION BETWEEN KNOWLEDGE OF
BALANCED NUTRITION GUIDE, ENERGY INTAKE,
SNACKING FREQUENCY, AND FOOD ADVERTISEMENT
EXPOSURE WITH NUTRITIONAL STATUS OF F&B
DEPARTMENT STUDENTS IN 57 VOCATIONAL SCHOOL
YEAR OF 2017**

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Abstract

Overweight occurrences in adolescent of DKI Jakarta ranked the highest nationally. In the long term, overweight adolescents may cause non-communicable disease. Lifestyle, diet, and mass media contributed to nutritional status. This study aimed to determine the relationship of knowledge of balanced nutrition guide, energy intake, snacking frequency, and food advertisement exposure with nutritional status of F&B Department students. Research design used *Cross-Sectional* by statistical analysis *Chi-Square* test. A total sample of 68 students of class 10 F&B Department was recruited by Stratified Random Sampling. The result of univariate analysis showed 51 people (75%) had normal nutritional status and 17 people had overweight. Bivariate analysis result obtained knowledge of balanced nutrition guide and energy intake stated there was significant correlated to nutritional status ($p\text{-value} < 0,05$) meanwhile, the snacking frequency and food advertisement exposure stated that there was no significant correlated to nutritional status ($p\text{-value} > 0,05$). There was significant correlated between knowledge of balanced nutrition guide and energy intake with nutritional status of F&B department students in 57 Vocational School. The result of research suggested to balanced nutrition guidelines extension as one of prevention efforts to overweight.

Keywords : Energy Intake, Food Advertisement Exposure, Knowledge of Balanced Nutrition Guide, Nutritional Status, Snacking Frequency