

HUBUNGAN AKTIVITAS FISIK, MAKANAN TINGGI KALORI, DAN KONSUMSI BUAH DAN SAYUR DENGAN STATUS GIZI BERLEBIH PADA SISWA SMAN 5 KOTA BEKASI DI MASA PANDEMI COVID-19

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Abstrak

Terjadinya akumulasi lemak dalam tubuh yang berlebihan dapat menimbulkan terjadinya gizi lebih. Faktor penyebabnya adalah rendahnya aktivitas fisik, seringnya mengonsumsi makanan tinggi kalori, serta kurangnya mengonsumsi buah dan sayur. Penelitian ini bertujuan untuk melihat hubungan antara aktivitas fisik, konsumsi makanan tinggi kalori, serta konsumsi buah dan sayur dengan kejadian gizi lebih di SMA Negeri 5 Kota Bekasi di pandemi COVID-19. Penelitian ini menggunakan studi cross-sectional dengan metode *stratified random sampling*. Sampel yang digunakan sebanyak 58 orang yang terdiri dari siswa kelas X dan XI. Hasil penelitian menunjukkan 86,2% memiliki aktivitas fisik rendah, 69% memiliki asupan kalori tinggi, 87,9% memiliki konsumsi buah dan sayur rendah, dan 63,8% berstatus gizi lebih. Hasil uji statistik spearman menunjukkan adanya hubungan antara aktivitas fisik ($p = 0.047$), konsumsi kalori ($p = 0,024$), serta konsumsi buah dan sayur ($p = 0,036$) dengan kejadian gizi lebih.

Kata kunci: Gizi lebih, Aktivitas fisik, Konsumsi kalori, Konsumsi buah dan sayur, Remaja

RELATIONSHIP BETWEEN PHYSICAL ACTIVITY, CONSUMPTION OF HIGH-CALORIE FOOD, CONSUMPTION OF FRUIT AND VEGETABLE WITH OVERWEIGHT IN 5 SENIOR HIGH SCHOOL BEKASI STUDENTS DURING COVID-19 PANDEMIC

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Abstract

Over fats accumulation in the body can cause overweight. The contributing factors are low physical activity, frequent consumption of high-calorie foods, also less fruit and vegetable consumption. This study aims to identify the correlation between physical activity, consumption of high-calorie foods, and consumption of fruits and vegetables with the incidence of overnutrition in SMA Negeri 5 Bekasi City during the COVID-19 pandemic. This study used a cross-sectional study with a side stratified random sampling method. The sample taken was 58 people consisting of class X and XI students. The results showed that 86.2% had low physical activity, 69% had high-calorie intake, 87.9% had low fruit and vegetable consumption, and 63.8% had more nutritional status. The results of the Spearman statistical test showed a relationship between physical activity ($p = 0.047$), calorie consumption ($p = 0.024$), and fruit and vegetable consumption ($p = 0.036$) with the incidence of overnutrition.

Keyword: Overweight, Physical activity, Calories consumption, Fruit and vegetable consumption, Adolescent