

PENGEMBANGAN MODIFIKASI MENU DENGAN PENERAPAN GIZI SEIMBANG TERHADAP STATUS GIZI (IMT/U) REMAJA PESANTREN DI JAKARTA SELATAN

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Abstrak

Penerapan gizi seimbang melalui pengembangan modifikasi menu menjadi salah satu cara yang dapat berperan dalam mengoptimalkan status gizi pada remaja. Tujuan penelitian ini adalah melakukan pengembangan modifikasi menu dengan penerapan gizi seimbang serta mengetahui hubungan antara asupan harian (energi, protein, lemak, karbohidrat, dan serat) dengan status gizi (IMT/U) remaja di pesantren. Desain penelitian yang digunakan yaitu *Mixed Method* antara metode kuantitatif dengan metode eksperimen. Subjek pada penelitian ini diperoleh dengan metode *quota sampling* dengan subjek sebanyak 25 remaja. Jumlah panelis pada penelitian ini yaitu sebanyak 15 panelis semi terlatih dan 25 panelis tidak terlatih. Data asupan harian diperoleh dari hasil *recall 2x24h* dan data status gizi diperoleh dari hasil pengukuran tinggi badan serta berat badan secara langsung. Data untuk modifikasi menu gizi seimbang disesuaikan dengan hasil pengisian kuesioner kesukaan terhadap bahan makanan. Hasil dari penelitian ini adalah terdapat hubungan antara asupan energi harian ($p\text{-value} = 0,050$), asupan protein harian ($p\text{-value} = 0,005$) dan asupan lemak harian ($p\text{-value} = 0,018$) dengan status gizi remaja (IMT/U), kemudian tidak terdapat hubungan antara asupan karbohidrat harian ($p\text{-value} = 0,188$) dengan status gizi remaja (IMT/U) serta seluruh asupan serat harian ($p\text{-value} = a$) remaja dibawah kebutuhan gizi harian.

Kata Kunci: Asupan harian, Penerapan gizi seimbang, Status gizi

DEVELOPMENT OF MENU MODIFICATION WITH IMPLEMENTATION OF BALANCED NUTRITION TO THE NUTRITIONAL STATUS (BMI/U) OF ADOLESCENT BOARDING SCHOOLS IN SOUTH JAKARTA

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Abstract

The implementation of a balanced diet through the improvement of menu modifications plays a significant role in adolescent nutrition status optimization. This study aims to develop menu modifications through the implementation of a balanced diet. Furthermore, this study aims to find out the relationship between daily intake (energy, protein, fat, carbs, and fiber) and nutrition status (BMI/A) of adolescents in boarding schools. The design of this research is a Mixed Method of quantitative and experimental. The subjects are 25 and were obtained using the quota sampling method. This study had 15 semi-panelists and 25 untrained panelists. The daily intake data was obtained by 2x24h food recall while the nutrition status data was acquired from the direct measurement of height and weight. Next, the modified menu of a balanced diet was adjusted according to the respondents' questionnaire results of the ingredients' preferences. The result of this study shows that there is a relationship between daily energy intake (p-value = 0,05), daily protein intake (p-value = 0,005), and daily fat intake (p-value = 0,018) with the adolescent's nutrition status (BMI/A). Moreover, there is no relationship between daily carbs intake (p-value = 0,188) with the adolescent's nutrition status (BMI/A). It is to be noted that every fiber consumption of adolescents is under the Recommended Dietary Allowance (p-value = a).

Keywords: Balanced diet implementation, Daily intake, Nutrition status