

HUBUNGAN POLA MAKAN, AKTIVITAS FISIK, DAN PENGETAHUAN GIZI SEIMBANG DENGAN STATUS GIZI PADA REMAJA DI PERKOTAAN

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Abstrak

Masalah gizi pada remaja berdampak pada pertumbuhan dan perkembangan serta mempengaruhi kualitas hidup di masa depan. Gizi lebih umumnya disebabkan oleh pola makan, aktivitas fisik, dan pengetahuan gizi seimbang. Pada remaja terjadi perubahan gaya hidup, seperti sering konsumsi *fast food*, makanan dan minuman manis, jarang konsumsi sayur dan buah serta rendahnya aktivitas fisik yang disebabkan oleh kurangnya pengetahuan mengenai gaya hidup sehat. Penelitian ini bertujuan untuk menganalisis hubungan pola makan, aktivitas fisik, dan pengetahuan gizi seimbang dengan status gizi pada remaja di perkotaan. Penelitian ini menggunakan desain *cross sectional* dengan uji *chi square*. Responden penelitian adalah siswa SMA di Kota Jakarta Timur sebanyak 93 responden dengan *quota sampling*. Instrumen penelitian menggunakan *food frequency questionnaire* (FFQ), *physical activity level* (PAL), dan kuesioner pengetahuan gizi seimbang. Hasil penelitian menunjukkan bahwa terdapat hubungan yang signifikan antara pola makan konsumsi *fast food* dan gorengan ($p = 0,016$), pola makan konsumsi makanan dan minuman manis ($p = 0,016$), dan aktivitas fisik *weekdays* ($p = 0,002$) dan *weekends* ($p = 0,043$) terhadap status gizi pada remaja di perkotaan. Namun, pola makan konsumsi sayur ($p = 0,075$), pola makan konsumsi buah ($p = 0,619$), dan pengetahuan gizi seimbang ($p = 1,000$) tidak ada hubungan dengan status gizi pada remaja di perkotaan. Maka dapat disimpulkan bahwa pola makan berupa konsumsi *fast food* dan gorengan, konsumsi makanan dan minuman manis, dan aktivitas fisik berhubungan erat dengan status gizi remaja.

Kata kunci : Aktivitas Fisik, Pengetahuan Gizi Seimbang, Pola Makan, Remaja, Status Gizi.

THE RELATIONSHIP BETWEEN DIETARY HABITS, PHYSICAL ACTIVITY, AND KNOWLEDGE OF BALANCED NUTRITION WITH NUTRITIONAL STATUS IN ADOLESCENTS IN URBAN

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Abstract

Nutritional problems in adolescents have an impact on growth and development and affect the quality of life in the future. Overweight is generally caused by dietary habits, physical activity, and knowledge of balanced nutrition. In adolescents there are lifestyle changes, such as eating patterns that often consume fast food, sweet foods and drinks, and rarely consume vegetables and fruit and low physical activity caused by a lack of knowledge about a healthy lifestyle. This study aims to analyze the relationship between dietary habits, physical activity, and knowledge of balanced nutrition with the nutritional status of adolescents in urban areas. This study uses a cross sectional design with chi square. Respondents of this study were high school students in East Jakarta City as many as 93 respondents using quota sampling method. The research data were obtained from food frequency questionnaire (FFQ), physical activity level (PAL), and a balanced nutrition knowledge questionnaire. The results showed that there was a significant relationship between eating patterns of consumption of fast food and fried foods ($p = 0,016$), dietary patterns of consuming sweet foods and drinks ($p = 0,016$), and physical activity weekdays ($p = 0.002$) and weekends ($p = 0,043$) on nutritional status in adolescents in urban areas. However, vegetable consumption patterns ($p = 0.075$), fruit consumption patterns ($p = 0.619$), and knowledge of balanced nutrition ($p = 1,000$) had no relationship with the nutritional status of adolescents in urban areas. Therefore, our study conclude that consumption of fast food and fried foods, consumption of sweet foods and beverages, as well as physical activity are strongly associated with nutritional status in adolescents.

Keywords: Adolescents, Dietary habits, Knowledge of Balanced Nutrition, Nutritional Status, Physical Activity.