

HUBUNGAN PENGETAHUAN GIZI DAN ASUPAN MAKANAN TERHADAP STATUS GIZI ANAK REMAJA DI SMPN 5 SUMEDANG PADA TAHUN 2023

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Abstrak

Profil kesehatan Jawa Barat menunjukkan bahwa pelayanan kesehatan remaja di Kota Sumedang mencapai 98,5%, tetapi di profil kesehatan kota Sumedang tidak menerangkan situasi kesehatan gizi remaja di kota tersebut. Pengetahuan gizi dan asupan makanan merupakan determinan status gizi anak remaja. Penelitian ini bertujuan untuk mengetahui apakah pelayanan Kesehatan kota Sumedang yang tergolong sangat baik tersebut tercermin pada pengetahuan gizi, asupan makanan, dan status gizi anak remaja serta hubungan antara ketiga variabel tersebut di SMPN 5 Sumedang pada tahun 2023. Metode penelitian ini adalah analitik observasional *cross sectional* dan pengambilan sampel secara *consecutive sampling*. Data pengetahuan gizi didapatkan dengan cara membagikan kuisioner dan data asupan makanan diperoleh dengan wawancara 2 x 24 *hours food recall*. Hubungan pengetahuan gizi dan asupan makanan terhadap status gizi dianalisis dengan menggunakan uji chi square. Dari total 102 responden, hasil analisis univariat menunjukkan sebagian besar subjek penelitian berstatus gizi normal (59.8%), memiliki pengetahuan gizi yang cukup (52.4%), asupan energi kurang (95.1%), dan asupan protein kurang (79.4%). Hasil analisis bivariat menunjukkan tidak adanya hubungan yang signifikan antara pengetahuan gizi ($p=0,779$), asupan energi ($p=0,3$), dan asupan protein (0,051) dengan status gizi anak remaja. Kesimpulan penelitian ini adalah tidak adanya hubungan yang signifikan antara pengetahuan gizi dan asupan makanan terhadap status gizi anak remaja.

Kata Kunci: Asupan Energi, Asupan Protein, Pengetahuan Gizi, Remaja, Status Gizi

THE RELATIONSHIP OF NUTRITIONAL KNOWLEDGE AND FOOD INTAKE ON THE NUTRITIONAL STATUS OF ADOLESCENT CHILDREN AT SMPN 5 SUMEDANG IN 2023

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Abstract

The health profile of West Java shows that adolescent health services in Sumedang City have reached 98.5%. However, the health profile of Sumedang City does not explain the nutritional health situation of adolescents in that city. Nutritional knowledge and food intake are determinants of the nutritional status of adolescent children. This study aims to find out whether Sumedang City Health services, which are classified as very good, are reflected in nutritional knowledge, food intake and nutritional status of adolescent children, as well as the relationship between these three variables at SMPN 5 Sumedang in 2023. This research method is cross-sectional analytical observational and sampling by consecutive sampling. Data on nutritional knowledge was obtained by distributing questionnaires, and food intake data was obtained through 2 x 24-hour food recall interviews. The chi-square test analysed the relationship between nutritional knowledge and food intake on nutritional status. Of the total 102 respondents, the results of univariate analysis showed that the majority of research subjects had normal nutritional status (59.8%), had sufficient nutritional knowledge (52.4%), had insufficient energy intake (95.1%), and had insufficient protein intake (79.4%). According to the analysis, there was no significant correlation found between the level of nutritional knowledge ($p=0.779$), energy intake ($p=0.3$), and protein intake (0.051) and the nutritional status of adolescent children. This study concludes that there is no significant relationship between nutritional knowledge and food intake on the nutritional status of adolescent children.

Key Words: Adolescent, Energy Intake, Nutritional Knowledge, Nutritional Status, Protein Intake