

# GAMBARAN PENGETAHUAN GIZI SEIMBANG DAN AKTIVITAS FISIK PADA STATUS GIZI REMAJA DI SMA SUMPAAH PEMUDA JAKARTA BARAT

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## Abstrak

**Latar Belakang:** Permasalahan gizi remaja seperti gizi kurang dan gizi lebih. Data Riskesdas 2018 di Indonesia prevalensi gizi kurang pada remaja sebesar 8,7% dan gizi lebih sebesar 16%. **Tujuan** penelitian ini adalah untuk mendeskripsikan pengetahuan gizi seimbang dan aktivitas fisik pada status gizi remaja di SMA Sumpah Pemuda Jakarta Barat. **Metode:** Penelitian ini merupakan penelitian cross-sectional. Jumlah sampel sebanyak 50 responden dengan menggunakan *stratified random sampling*. Instrumen Penelitian menggunakan rumus perhitungan IMT/U, kuesioner pengetahuan gizi dan kuesioner *IPAQ-SF*. Analisis data menggunakan analisis deskriptif dan disajikan dalam bentuk tabel distribusi frekuensi. **Hasil:** Mayoritas responden perempuan sebanyak 31 responden (62%). Responden berusia 15 tahun sebanyak 22 responden (44%). Responden berstatus gizi normal sebanyak 9 responden (18%), gizi kurus sebanyak 12 responden (24%) dan gizi gemuk sebanyak 29 responden (58%). Responden mempunyai pengetahuan gizi kurang baik sebanyak 37 responden (74%) dan tingkat aktivitas fisik kategori sedang sebanyak 46 responden (92%). **Kesimpulan:** Penelitian ini menyimpulkan bahwa perlunya melakukan edukasi untuk meningkatkan pengetahuan gizi pada remaja. Sehingga dapat membantu mencegah ketidakseimbangan nutrisi dan masalah kesehatan.

**Kata Kunci:** Status Gizi, Remaja, Pengetahuan Gizi Seimbang, Aktivitas Fisik

# OVERVIEW OF BALANCED KNOWLEDGE OF BALANCED NUTRITION AND PHYSICAL ACTIVITY ON THE NUTRITIONAL STATUS OF ADOLESCENTS IN THE SUMPAAH PEMUDA SENIOR HIGH SCHOOL, JAKARTA BARAT

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## Abstract

**Background:** Adolescent nutrition problems such as undernutrition and overnutrition. Data from Riskesdas 2018 in Indonesia, the prevalence of undernutrition in adolescents was 8.7% and overnutrition was 16%. **The purpose** of this study was to describe the knowledge of balanced nutrition and physical activity on the nutritional status of adolescents at Sumpah Pemuda High School, West Jakarta. **Methods:** This study is a cross-sectional study. The sample size was 50 respondents using stratified random sampling. Research instruments used the IMT / U calculation formula, nutritional knowledge questionnaire and IPAQ-SF questionnaire. Data analysis using descriptive analysis and presented in the form of frequency distribution tables. **Results:** The majority of female respondents were 31 respondents (62%). Respondents aged 15 years were 22 respondents (44%). Respondents had normal nutrition status as many as 9 respondents (18%), underweight nutrition as many as 12 respondents (24%) and obese nutrition as many as 29 respondents (58%). Respondents had poor nutrition knowledge as many as 37 respondents (74%) and moderate physical activity levels as many as 46 respondents (92%). **Conclusion:** This study concludes that it is necessary to conduct education to improve nutritional knowledge in adolescents. So that it can help prevent nutritional imbalances and health problems.

**Keywords:** Nutritional status, adolescents, knowledge of balanced nutrition, physical activity.