

HUBUNGAN LITERASI GIZI, KUALITAS DIET DAN AKTIVITAS FISIK DENGAN STATUS GIZI REMAJA DI SMAN 6 TAMBUN SELATAN TAHUN 2024

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Abstrak

Pemenuhan gizi seimbang sangat penting pada masa remaja untuk membantu mencapai pertumbuhan dan perkembangan yang optimal. Berdasarkan data Riskesdas 2018 prevalensi status gizi pada remaja usia 16-18 tahun di Jawa Barat sebanyak 8,1% mengalami gizi kurang dan 13,5% status gizi lebih. Remaja rentan mengalami permasalahan gizi akibat gaya hidup serta kebiasaan makan yang tidak sehat. Tujuan penelitian ini adalah mengetahui hubungan literasi gizi, kualitas diet, dan aktivitas fisik dengan status gizi remaja di SMAN 6 Tambun Selatan. Penelitian ini menggunakan desain *cross sectional* dengan sampel sebanyak 93 siswa yang diambil dengan teknik *Stratified Random Sampling*. Data dikumpulkan melalui pengukuran antropometri, *Nutritional Literacy Scale (NLS)*, *Food Recall*, *Diet Quality Indeks for Adolescent (DQI-A)*, *International Physical Activity Questionnaire Short Form (IPAQ-SF)*. Hasil analisis data bivariat menunjukkan bahwa tidak terdapat hubungan antara literasi gizi ($p = 0,406$), kualitas diet ($0,440$), dan aktivitas fisik ($p = 0,685$) dengan status gizi remaja di SMAN 6 Tambun Selatan. Kesimpulan dari penelitian ini adalah tidak terdapat hubungan antara literasi gizi, kualitas diet, dan aktivitas fisik dengan status gizi remaja. Remaja disarankan untuk lebih menjaga status gizinya dengan menerapkan literasi gizi yang mereka miliki melalui pola makan yang seimbang dan peningkatan aktivitas fisik.

Kata Kunci: Aktivitas Fisik, Kualitas Diet, Literasi Gizi, Remaja, Status Gizi

THE RELATIONSHIP BETWEEN NUTRITIONAL LITERACY, DIET QUALITY, AND PHYSICAL ACTIVITY WITH NUTRITIONAL STATUS OF ADOLESCENTS AT SMAN 6 TAMBUN SELATAN IN 2024

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Abstract

Balanced nutrition is crucial during adolescence to support optimal growth and development. According to the 2018 Riskestdas data, the prevalence of nutritional status among adolescents aged 16-18 years in West Java is 8.1% for undernutrition and 13.5% for overnutrition. Adolescents are vulnerable to nutritional problems due to unhealthy lifestyles and eating habits. This study aims to examine the relationship between nutritional literacy, diet quality, and physical activity with the nutritional status of adolescents at SMAN 6 Tambun Selatan. The study employed a cross-sectional design with a sample of 93 students selected using stratified random sampling techniques. Data were collected through anthropometric measurements, the Nutritional Literacy Scale (NLS), Food Recall, the Diet Quality Index for Adolescents (DQI-A), and the International Physical Activity Questionnaire Short Form (IPAQ-SF). Bivariate data analysis results indicate no significant relationship between nutritional literacy ($p = 0.406$), diet quality ($p = 0.440$), and physical activity ($p = 0.685$) with the nutritional status of adolescents at SMAN 6 Tambun Selatan. The conclusion of this study is that there is no relationship between nutritional literacy, diet quality, and physical activity with adolescents' nutritional status. Adolescents are advised to better maintain their nutritional status by applying their nutritional literacy through a balanced diet and increased physical activity.

Keywords: Adolescents, Diet Quality, Nutritional Literacy, Nutritional Status, Physical Activity