

**HUBUNGAN ANTARA KARAKTERISTIK INDIVIDU DAN GAYA HIDUP
DENGAN STATUS GIZI PADA SISWA KELAS X DI SMA SULUH JAKARTA
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Lusiana Manullang

Abstrak

Skripsi ini merupakan penelitian kuantitatif dengan desain studi *cross sectional* yang bertujuan untuk mengetahui hubungan antara karakteristik individu dan gaya hidup dengan status gizi pada siswa kelas X di SMA Suluh Jakarta Tahun 2016. Subjek dalam penelitian ini adalah siswa dan siswi kelas X yang sudah memenuhi kriteria penelitian sebanyak 105 responden yang dipilih dengan metode instrumen *random sampling*. Data dalam penelitian ini diperoleh dengan cara pengukuran antropometri untuk tinggi dan berat badan, *food recall* untuk mengetahui asupan kebiasaan sarapan, dan kuesioner untuk data karakteristik responden, kebiasaan sarapan, pengetahuan gizi, dan aktivitas fisik. Berdasarkan hasil penelitian ini, diperoleh sebanyak 50 responden memiliki status gemuk, dari hasil uji bivariat menunjukkan adanya hubungan antara kebiasaan sarapan dengan status gizi yang memiliki nilai $P = 0.021$ ($p < 0,05$). Oleh karena itu, perlu diberikan edukasi atau penyuluhan mengenai gizi seimbang yang termasuk di dalamnya pesan tentang pentingnya sarapan setiap hari.

Kata kunci : Status gizi, remaja, dan kebiasaan sarapan

THE RELATIONSHIP BETWEEN THE CHARACTERISTIC OF INDIVIDUALS AND LIFESTYLE WITH THE STATUS OF NUTRIENTS FROM STUDENT IN FIRST GRADE IN SULUH SENIOR HIGH SCHOOL OF THE YEAR 2016

Lusiana Manullang

Abstract

This thesis is a quantitative research with the cross sectional's design study which aimed to knowing The relationship between the characteristics of individuals and lifestyle with the status of nutrients from students in first grade in SULUH Senior High School of the year 2016. Subjects in this study were male and female students in first grade who already appropriate with the criteria for research as much as 105 of the respondents were selected by the method of random sampling. The data were obtained by anthropometric measurements of height and weight, food intake recall to determine the breakfast habit, and kuesioner for characteristics data of respondents, breakfast habits, knowledge of nutrition and physical activity. Based on these results, obtained as much as 50 obese respondents from the test results of bivariate that showing the relationship between breakfast habits, and the status of nutrients many have score $p = 0.021$ ($p < 0,05$). Therefore, in these problems really needs for educated or counseled about balanced nutrition which includes messages about the importance of breakfast every day.

Keywords :Nutritional status, and breakfast habits