

HUBUNGAN *MEAL SKIPPING* DAN FREKUENSI MAKAN TERHADAP STATUS GIZI PADA REMAJA DI SMA NEGERI 47 JAKARTA

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Abstrak

Remaja merupakan periode kehidupan yang memiliki pola makan yang buruk antara lain *meal skipping*, tingginya konsumsi makanan selingan dan *fast food*, dan rendahnya konsumsi sayur dan buah-buahan., serta rentan mengalami obesitas. *Meal skipping* dan frekuensi makan dapat mempengaruhi total asupan dalam sehari yang dapat berdampak pada status gizi pada remaja dan meningkatkan risiko penyakit tidak menular ketika dewasa. Penelitian ini bertujuan untuk menganalisis hubungan *meal skipping* dan frekuensi makan terhadap status gizi pada remaja di SMA Negeri 47 Jakarta. Pengumpulan data dilakukan pada bulan April 2020 dengan menggunakan desain penelitian potong lintang dan jumlah sampel minimal sebanyak 80 sampel. Teknik pengambilan sampel yaitu *stratified sampling* berdasarkan kelas. Data kebiasaan melewati waktu makan, frekuensi makan, berat badan, dan tinggi badan didapatkan menggunakan kuesioner secara daring, dan data pola makan responden didapatkan dari pencatatan makanan selama tiga hari. Hasil penelitian menunjukkan terdapat hubungan *meal skipping* dengan status gizi remaja ($p=0,005$) tetapi dari ketiga waktu makan utama hanya sarapan yang memiliki hubungan dengan status gizi remaja ($p=0,005$) dan terdapat hubungan frekuensi makan dengan status gizi remaja ($p=0,000$).

Kata Kunci : *Meal skipping*, frekuensi makan, status gizi, remaja, *snacking*

ASSOCIATION BETWEEN MEAL SKIPPING AND EATING FREQUENCY WITH NUTRITIONAL STATUS AMONG ADOLESCENT AT SMA NEGERI 47 JAKARTA

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Abstract

Adolescence is a life cycle with poor eating behaviour including meal skipping, increased intake of snacks and fast food, and decreased intake of dietary fiber, and increased vulnerability to obesity. Meal skipping and eating frequency may effect nutritional status of adolescent through total energy intake and increased risk of metabolic diseases in adulthood. The study was performed to analyze the correlation between meal skipping and eating frequency with nutritional status in adolescent at SMA Negerti 47 Jakarta. This study collected data since April 2020 from 80 respondent and used a cross sectional study as a method design. The sampling was organized by using stratified sampling based on class. Frequencies of skipping meals, eating frequency, and body weight and height assessed by using online questionnaire, meanwhile, meal pattern assessed by using estimated food record for three days. According to the results there is a relationship between meal skipping with nutritional status ($p=0,005$) but from three main meals only breakfast has relationship with nutritional status ($p=0,005$) and eating frequency with nutritional status ($p=0,000$).

Keyword : Meal skipping, eating frequency, snacking, nutritional status, adolescence