

HUBUNGAN POLA MAKAN DAN AKTIVITAS FISIK TERHADAP STATUS GIZI SISWI YANG MENGIKUTI KEGIATAN EKSTRAKURIKULER DI SMAN 54 JAKARTA 2017

Anggun Roma Viona

Abstrak

Masalah gizi pada remaja dapat memberi dampak pada kualitas sumber daya manusia di masa mendatang. Banyak faktor yang mempengaruhi status gizi remaja salah satunya adalah pola makan dan aktivitas fisik. Pola makan yang diteliti meliputi asupan energi, asupan karbohidrat, asupan lemak, dan frekuensi konsumsi *fast food*. Penelitian ini bertujuan untuk mengetahui hubungan pola makan dan aktivitas fisik terhadap status gizi siswa yang mengikuti kegiatan ekstrakurikuler di SMAN 54 Jakarta. Jenis penelitian yang digunakan adalah penelitian analitik dengan rancangan *cross-sectional study*. Pengambilan sampel dilakukan dengan cara *purposive sampling* dengan jumlah sampel 97 siswi. Hasil pada penelitian ini menunjukkan rata-rata responden memiliki status gizi normal (69,9%). Kesimpulan dalam penelitian menunjukkan adanya hubungan antara asupan energi ($p=0,000$), asupan karbohidrat ($p=0,000$), asupan protein ($p=0,000$), asupan lemak ($p=0,000$), kebiasaan makan *fast food* ($p=0,011$), dan aktivitas fisik ($p=0,000$) terhadap status gizi.

Kata Kunci : Aktivitas Fisik, Pola Konsumsi Makan, Remaja Putri, Status Gizi,

CORRELATION BETWEEN FOOD CONSUMPTION AND PHYSICAL ACTIVITY WITH NUTRITIONAL STATUS OF ADOLESCENTS IN SMAN 54 JAKARTA 2017

Anggun Roma Viona

Abstract

Nutritional problems in adolescents could make an impact on the quality of human resources in the future. Many factors affected adolescent nutritional status, two of them are the food consumption and physical activity. The food consumption included the energy intake, carbohydrates intake, protein intake, fat intake, and frequency of consumption of fast food. This research aims to know the relationship of dietary habit and physical activity with nutritional status of students in extracurricular activities in SMAN 54 Jakarta. The method used in this research was cross sectional study method. The sample was 97 students in senior high school with age between 15 and 17 years old. The sample was chosen by purposive sample method. The data was analyzed using cross-sectional study. The result of this research showed a significant relationship between energy intake ($p = 0.000$), carbohydrate intake ($p=0,000$), protein intake ($p=0,000$), , fat intake ($p=0,000$), fast food eating habits ($p = 0,011$), and physical activity ($p = 0.000$) of nutritional status.

Keyword: Adolescent, Food Consumption, Nutritional Status, Physical Activity