

ABSTRAK

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HUBUNGAN TINGKAT PENGETAHUAN LABEL PANGAN DENGAN STATUS GIZI REMAJA (Studi pada Siswa Kelas XI SMAN 1 Garut Tahun 2022)

Pangan kemasan digemari oleh remaja karena keefisienannya. Tanpa pengetahuan yang cukup, konsumsi pangan kemasan dapat menimbulkan masalah gizi. Penelitian ini bertujuan untuk menganalisis hubungan antara tingkat pengetahuan label pangan dengan status gizi remaja. Metode penelitian yang digunakan adalah studi analitik observasional dengan pendekatan *cross-sectional*. Sampel sebesar 141 dari 216 siswa kelas XI SMAN 1 Garut tahun ajaran 2022-2023 yang pengambilannya menggunakan metode *simple random sampling*. Status gizi remaja diukur menggunakan IMT/U *z-score*, sedangkan tingkat pengetahuan label pangan diukur dengan soal pengetahuan yang telah diuji validitas dan reliabilitas. Data dianalisis menggunakan uji *Chi-square*. Data univariat menunjukkan bahwa status gizi didominasi oleh status gizi baik 70,9%, diikuti status gizi malnutrisi 29,1%. Data tingkat pengetahuan label pangan didominasi oleh tingkat pengetahuan kurang 53,9%, tingkat pengetahuan cukup 30,5%, dan tingkat pengetahuan baik 15,6%. Hasil uji statistik menunjukkan $p = 0,004 (< 0,05)$ yang berarti terdapat hubungan signifikan antara pengetahuan label pangan dengan status gizi.

Kata kunci: pengetahuan label, remaja, status gizi

ABSTRACT

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***The Correlation between Food Label Knowledge and Nutritional Status of Adolescent
(Study on Class XI Students of SMAN 1 Garut)***

Packaged food is popular with teenagers because of its efficiency. Without sufficient knowledge, consumption of packaged food can cause nutritional problems. This study aims to analyze the correlation between the levels of food label knowledge and the nutritional status of adolescents. This research was an observational study with a cross-sectional design. Sample in this research were 141 of 216 students XI grade of SMAN 1 Garut was taken using the simple random sampling method. The nutritional status of adolescents was measured using the BMI/U z-score, while the knowledge of food labels was measured using questions that had been tested for validity and reliability. Data were analyzed using the Chi-square test. Univariate data showed that nutritional status was dominated by good nutritional status 70.9%, followed by malnutrition status 29.1%. The knowledge of food labels is dominated by a lack of knowledge of 53.9%, a level of sufficient knowledge of 30.5%, and a good level of knowledge of 15.6%. Statistical test results showed $p = 0,004 (<0.05)$, which means that there is a significant relationship between knowledge of food labels and nutritional status.

Key words: adolescent, food label knowledge, nutritional status