

**FACULTY OF HEALTH SCIENCES
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ABSTRACT

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**THE RELATIONSHIP BETWEEN ADEQUATE LEVELS OF ENERGY AND
MACRONUTRIENTS WITH NUTRITIONAL STATUS OF ADOLESCENTS AT
ORPHANAGE**

*(Observational Study at The Syubbaanul Wathon Orphanage Tasikmalaya City in
2024)*

Adolescents living in orphanages are a group that is in a period of growth and is vulnerable to nutritional problems. The nutritional status of adolescents can be influenced by several factors, including the level of energy and macronutrient adequacy from the food consumed. This study aims to determine the relationship between energy and macronutrient adequacy levels with the nutritional status of adolescents at the Syubbaanul Wathon Orphanage in Tasikmalaya City with 77 adolescents as research samples taken using the total sampling method. Data on energy and macronutrient adequacy levels were obtained from the average intake collected through 2x24 hour food recall interviews. Adolescent nutritional status data was obtained by measuring height using stadiometer and weight stepping scale, then analyzed using the WHO Anthroplus application. The results of the study with bivariate analysis using the Pearson chi-square test showed no relationship between energy adequacy levels ($p=0.441$), carbohydrates ($p=0.128$), fats ($p=0.314$), and protein ($p=0.556$) with the nutritional status of adolescents. Adolescents are expected to pay attention to the quantity and quality of food consumed so that daily nutritional needs are met. Education about balanced nutrition is important to improve the quality and quantity of food for adolescents in orphanages.

Keywords: *adolescent, food intake, food macronutrients, food service*