

**FAKULTAS ILMU KESEHATAN
UNIVERSITAS SILIWANGI
TASIKMALAYA
PROGRAM STUDI GIZI
2025**

ABSTRAK

WAFI AWWALIN NURHAKIM

**HUBUNGAN ASUPAN GULA, GARAM, LEMAK DAN AKTIVITAS FISIK
DENGAN STATUS GIZI PADA SANTRI REMAJA PUTRI (STUDI
OBSEVASIONAL PADA SANTRI PUTRI USIA 16-18 TAHUN DI PONDOK
PESANTREN AL-CHOERIYYAH CIBEAS KECAMATAN CINTARAJA
KABUPATEN TASIKMALAYA TAHUN 2025)**

Status gizi merupakan indikator penting dalam menilai keseimbangan antara asupan zat gizi dengan kebutuhan tubuh secara fisiologis. Pada remaja putri, status gizi berperan penting dalam mendukung pertumbuhan fisik, perubahan hormonal, serta kesiapan fungsi reproduksi. Penelitian ini bertujuan untuk mengetahui hubungan antara asupan gula, garam, lemak, aktivitas fisik, dan asupan energi dengan status gizi pada remaja putri yang tinggal di lingkungan pondok pesantren. Penelitian ini menggunakan pendekatan kuantitatif dengan desain *cross-sectional*. Sampel terdiri dari 62 santri putri berusia 16–18 tahun yang diambil secara *total sampling*. Data dikumpulkan melalui wawancara menggunakan *food recall* 3x24 jam, kuesioner Global Physical Activity Questionnaire (GPAQ) untuk mengukur aktivitas fisik, serta pengukuran antropometri menggunakan indikator Indeks Massa Tubuh menurut Umur (IMT/U) berdasarkan standar Z-score WHO. Data dianalisis menggunakan uji chi-square. Hasil penelitian menunjukkan bahwa 69,4% responden memiliki status gizi normal, sementara 30,6% mengalami gizi lebih. Analisis bivariat menggunakan uji chi-square menunjukkan adanya hubungan yang signifikan antara asupan gula ($p\text{-value} = 0,004$), garam ($p\text{-value} = 0,003$), lemak ($p\text{-value} = 0,031$), energi ($p\text{-value} = 0,000$), dan aktivitas fisik ($p\text{-value} = 0,022$) dengan status gizi. Temuan ini menunjukkan bahwa asupan gula, garam, lemak, energi, dan aktivitas fisik berpengaruh secara signifikan terhadap status gizi santri.

Kata Kunci: *status gizi, asupan gula, asupan garam, asupan lemak, aktivitas fisik.*

**FACULTY OF HEALTH SCIENCES
SILIWANGI UNIVERSITY
TASIKMALAYA
MAJORING IN NUTRITION
2025**

ABSTRACT

WAFI AWWALIN NURHAKIM

THE RELATIONSHIP BETWEEN SUGAR, SALT, FAT INTAKE AND PHYSICAL ACTIVITY WITH NUTRITIONAL STATUS AMONG ADOLESCENT FEMALE STUDENTS (AN OBSERVATIONAL STUDY ON FEMALE STUDENTS AGED 16–18 YEARS AT AL-CHOERIYYAH ISLAMIC BOARDING SCHOOL, CIBEAS, CINTARAJA SUBDISTRICT, TASIKMALAYA REGENCY, 2025)

Nutritional status is an important indicator for assessing the balance between nutrient intake and the body's physiological needs. In adolescent girls, nutritional status plays a vital role in supporting physical growth, hormonal changes, and reproductive readiness. This study aimed to determine the relationship between sugar, salt, fat intake, physical activity, and energy intake with the nutritional status of adolescent girls living in an Islamic boarding school environment. This research employed a quantitative approach with a cross-sectional design. The sample consisted of 62 female students aged 16–18 years selected through total sampling. Data were collected through interviews using a 3x24-hour food recall, the Global Physical Activity Questionnaire (GPAQ) to assess physical activity, and anthropometric measurements using the Body Mass Index for Age (BMI/A) based on the WHO Z-score standard. Data were analyzed using the chi-square test. The results showed that 69.4% of respondents had normal nutritional status, while 30.6% were overweight. Bivariate analysis using the chi-square test revealed significant relationships between sugar intake (p value = 0.004), salt intake (p value = 0.003), fat intake (p value = 0.031), energy intake (p value = 0.000), and physical activity (p value = 0.022) and nutritional status. These findings indicate that sugar, salt, fat, energy intake, and physical activity have a significant influence on the nutritional status of the students.

Keywords: *nutritional status, sugar intake, salt intake, fat intake, physical activity.*