

ABSTRAK

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HUBUNGAN ANTARA FREKUENSI MAKAN ASUPAN ZAT GIZI MAKRO DAN ENERGI DENGAN STATUS GIZI REMAJA (STUDI PADA SANTRI SMA IT IBADURROHMAN BOARDING SCHOOL KOTA TASIKMALAYA 2022)

Masalah gizi menjadi salah satu masalah utama pada remaja, karena masa remaja merupakan periode terjadinya proses anabolik yang intens, saat dimana semua kebutuhan zat gizi meningkat. Frekuensi makan dan asupan zat gizi yang seimbang dan sesuai dengan kebutuhan akan membantu remaja untuk mencapai status gizi normal. Tujuan dari penelitian ini untuk menganalisis hubungan antara frekuensi makan, asupan energi dan zat gizi makro dengan status gizi remaja santri SMA IT Ibadurrohman Tasikmalaya 2022. Penelitian ini menggunakan metode observasional analitik dengan rancangan desain *cross-sectional*. Pengambilan sampel pada penelitian ini menggunakan teknik *propotional sampling*, yakni sebanyak 100 santri SMA IT Ibadurrohman Tasikmalaya menjadi responden. Data frekuensi makan dan kecukupan asupan zat gizi diperoleh dengan menggunakan formulir SQ-FFQ (*Semi Quantitative Food Frequency Questionnaire*). Data status gizi diperoleh dari hasil perhitungan IMT dengan mengukur tinggi badan dan berat badan secara langsung. Hasil analisis bivariat menggunakan uji korelasi *spearman* menunjukkan bahwa terdapat hubungan yang signifikan antara frekuensi makan dengan status gizi ($p\text{-value}=0,000$, $r= 0,376$), asupan energi dengan status gizi ($p\text{-value}=0,000$, $r= 0,376$), asupan protein dengan status gizi ($p\text{-value}=0,000$, $r= 0,482$), asupan lemak dengan status gizi ($p\text{-value}=0,000$, $r= 0,407$) dan asupan karbohidrat dengan status gizi ($p\text{-value}=0,002$, $r= 0,309$). Kesimpulan dari penelitian ini yaitu terdapat hubungan antara frekuensi makan, asupan zat gizi makro dan energi dengan status gizi remaja.

Kata Kunci: asupan zat gizi, *boarding school*, frekuensi makan, status gizi

ABSTRACT

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THE RELATIONSHIP BETWEEN EATING FREQUENCY, INTAKE OF MACRONUTRIENTS AND ENERGY AND THE NUTRITIONAL STATUS OF ADOLESCENTS (STUDY ON STUDENTS OF SMA IT IBADURROHMAN BOARDING SCHOOL TASIKMALAYA 2022)

Nutritional problems are one of the main problems in adolescents, because adolescence is a period of intense anabolic processes, a time when all nutritional needs increase. Meal frequency and nutritional intake that is balanced and in accordance with needs will help teenagers to achieve normal nutritional status. The purpose of this study was to analyze the relationship between eating patterns and the nutritional status of young students at SMA IT Ibadurrohman Tasikmalaya 2022. This study used an analytic observational method with a design Cross-Sectional. Sampling in this study using the technique proportional sampling, namely as many as 100 students of SMA IT Ibadurrohman Tasikmalaya as respondents. Data on the frequency of meals and nutrient intake were obtained from the SQ-FFQ form (Semi Quantitative Food Frequency Questionnaire). Nutritional status data is obtained from the calculation of BMI by measuring height and weight directly. The results of bivariate analysis using a correlation test spearman that there is a significant relationship between the level of frequency of eating with nutritional status ($p\text{-value}=0,000$, $r=0,376$), energy intake with nutritional status ($p\text{-value}=0,000$, $r=0,376$), protein intake with nutritional status ($p\text{-value}=0,000$, $r=0,482$), fat intake with nutritional status ($p\text{-value}=0,000$, $r=0,407$) and carbohydrate intake with nutritional status ($p\text{-value}=0,002$, $r=0,309$). The conclusion of this research is that there is a relationship between eating frequency, macronutrient and energy intake and the nutritional status of adolescents.

Keywords: *boarding school, meal frequency, nutritional status, nutritional intake*