

ABSTRAK

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HUBUNGAN TINGKAT KECUKUPAN ENERGI DAN AKTIVITAS FISIK DENGAN KEJADIAN GIZI LEBIH PADA REMAJA PUTRI USIA 16-18 TAHUN

Masalah gizi lebih pada remaja, terutama santriwati, merupakan masalah kesehatan masyarakat yang berdampak jangka panjang terhadap kesehatan fisik dan psikologis. Kondisi ini disebabkan oleh ketidakseimbangan antara asupan energi dan energi yang dikeluarkan. Penelitian ini bertujuan untuk menganalisis hubungan antara tingkat kecukupan energi dan aktivitas fisik dengan kejadian gizi lebih pada santriwati tingkat Tsanawiyah di Pondok Pesantren Miftahul Huda, Kabupaten Tasikmalaya tahun 2025. Penelitian ini menggunakan desain *cross sectional*, dan didaatan sampel sebanyak 99 santriwati usia 16–18 tahun sampel diperoleh melalui teknik *stratifikasi random sampling* dari populasi 654 santriwati. Asupan energi diukur menggunakan metode *food recall* 3x24 jam dan *food weighing* di tiga hari yang tidak berurutan. Aktivitas fisik diukur menggunakan kuesioner PAL (*Physical Activity Level*) selama 2x24 jam. Analisis data dilakukan menggunakan uji *Chi-square*. Mayoritas responden menunjukkan tingkat kecukupan energi lebih (64,6%) serta aktivitas ringan (80,8%), dengan prevalensi gizi lebih sebesar 55,6%. Terdapat hubungan signifikan antara kecukupan energi dan kejadian gizi lebih ($p\text{-value}=0,000$; $OR=12,000$), dan antara aktivitas fisik dan gizi lebih ($p\text{-value}=0,002$; $OR=6,595$). Santriwati dengan asupan energi lebih memiliki peluang 12,000 mengalami gizi lebih dan santriwati yang aktivitas fisik rendah memiliki peluang 6,595 lebih besar mengalami gizi lebih. Untuk mencegah terjadinya gizi lebih, santriwati dapat melakukan olahraga khusus seperti senam tiap harinya diwaktu luang.

Kata Kunci: aktivitas fisik, gizi lebih, kecukupan energi, remaja, santriwati.

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ABSTRACT

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**THE RELATIONSHIP BETWEEN ENERGY SUFFICIENCY AND
PHYSICAL ACTIVITY WITH THE INCIDENT OF OVERNUTRITION IN
ADOLESCENT GIRLS AGED 16-18 YEARS**

The problem of overnutrition in adolescents, especially female Islamic boarding school students, is a public health problem that has long-term impacts on physical and psychological health. This condition is caused by an imbalance between energy intake and energy expenditure. This study aims to analyze the relationship between the level of energy sufficiency and physical activity with the incidence of overnutrition in female Islamic boarding school students at the Miftahul Huda Islamic Boarding School, Tasikmalaya Regency in 2025. This study used a cross-sectional design, and a sample of 99 female students aged 16–18 years was obtained through stratified random sampling techniques from a population of 654 female students. Energy intake was measured using a 3x24-hour food recall method and food weighing on three non-consecutive days. Physical activity was measured using the PAL (Physical Activity Level) questionnaire for 2x24 hours. Data analysis was performed using the Chi-square test. The majority of respondents indicated a level of overenergy sufficiency (64.6%) and light activity (80.8%), with a prevalence of overnutrition of 55.6%. There was a significant relationship between energy sufficiency and the incidence of overnutrition (p -value=0.000; OR=12.000), and between physical activity and overnutrition (p -value=0.002; OR=6.595). Female students with higher energy intake had a 12.000 greater chance of experiencing overnutrition, and female students with low physical activity had a 6.595 greater chance of experiencing overnutrition. To prevent overnutrition, female students can do special sports such as gymnastics every day in their free time.

Keywords: overnutrition, energy adequacy, physical activity, female students, adolescents.