

ABSTRAK

GEA GALDA SHABIRA

HUBUNGAN TINGKAT PENGETAHUAN GIZI DAN KEBIASAAN MAKAN DENGAN STATUS GIZI PADA REMAJA (Studi Observasional pada Siswa Kelas VII dan VIII di SMP Negeri 1 Manonjaya Kabupaten Tasikmalaya Tahun 2026)

Remaja merupakan kelompok usia yang rentan mengalami masalah gizi akibat perubahan fisik, psikologis dan perilaku makan. Status gizi remaja dipengaruhi oleh berbagai faktor, di antaranya tingkat pengetahuan gizi dan kebiasaan makan. Tujuan penelitian ini adalah menganalisis hubungan tingkat pengetahuan gizi, kebiasaan makan dan tingkat kecukupan energi dengan status gizi pada remaja di SMP Negeri 1 Manonjaya. Penelitian menggunakan metode observasional dengan desain penelitian *cross sectional*. Populasi pada penelitian ini sebanyak 730 orang. Penelitian ini mengambil sampel menggunakan teknik *proportionate stratified random sampling* sebanyak 110 responden. Data diperoleh melalui kuesioner pengetahuan gizi, kuesioner AFHC (*Adolescent Food Habits Checklist*), wawancara *Food Recall* 2×24 jam serta pengukuran antropometri. Analisis bivariat menggunakan Uji *Chi-Square*. Hasil penelitian menunjukkan mayoritas responden memiliki tingkat pengetahuan gizi cukup (56,3%), kebiasaan makan kurang sehat (58,2%), tingkat kecukupan energi baik (61,8%), dan status gizi normal (76,4%). Hasil analisis bivariat menunjukkan tidak ada hubungan antara tingkat pengetahuan gizi dengan status gizi ($p\text{-value} = 0,476$) maupun kecukupan energi ($p\text{-value} = 0,015$; OR = 4,005; 95% CI: 1,380–11,617) dan tingkat kecukupan energi ($p\text{-value} = 0,016$; OR = 2,989; (95% CI: 1,295–6,898). Terdapat hubungan antara tingkat kecukupan energi dengan status gizi kurang ($p=0,031$; OR=7,043; 95% CI: 1,213–40,916) dan status gizi lebih ($p=0,000$; OR=26,278; 95% CI: 6,918–99,813). Disimpulkan bahwa kebiasaan makan dan tingkat kecukupan energi berhubungan dengan status gizi remaja, sedangkan tingkat pengetahuan gizi tidak berhubungan dengan status gizi maupun tingkat kecukupan energi. Sekolah disarankan meningkatkan edukasi gizi seimbang melalui integrasi materi gizi dalam kegiatan pembelajaran untuk mendukung pembentukan kebiasaan makan sehat remaja.

Kata Kunci: kebiasaan makan, kecukupan energi, pengetahuan gizi, remaja, status gizi

**FACULTY OF HEALTH SCIENCES
SILIWANGI UNIVERSITY
TASIKMALAYA
NUTRITION STUDY PROGRAM
2026**

ABSTRACT

GEA GALDA SHABIRA

THE RELATIONSHIP BETWEEN NUTRITIONAL KNOWLEDGE AND EATING HABITS WITH NUTRITIONAL STATUS IN ADOLESCENT (Observational Study of Grades VII and VIII at SMP Negeri 1 Manonjaya, Tasikmalaya Regency, 2026)

Adolescent are an age group that is vulnerable to nutritional problems due to physical, psychological, and eating behavior changes. Adolescent nutritional status is influenced by various factors, including the level of nutritional knowledge and eating habits. The purpose of this study was to analyze relationship the level of nutritional knowledge, eating habits, and energy sufficiency with nutritional status in Adolescent at SMP Negeri 1 Manonjaya. The study used an observational method with a cross-sectional research design. The population in this study was 730 people. This study used a proportional stratified random sampling technique for 110 respondents. Data were obtained through a nutritional knowledge questionnaire, an AFHC (Adolescent Food Habits Checklist) questionnaire, a 2×24-hour Food Recall interview, and anthropometric measurements. Bivariate analysis used the Chi-Square Test. The results showed that most respondents had sufficient nutritional knowledge (56.3%), unhealthy eating habits (58.2%), good energy sufficiency (61.8%), and normal nutritional status (76.4%). The results of the bivariate analysis showed no relationship between the level of nutritional knowledge with nutritional status (p -value = 0.476) or energy sufficiency (p -value = 0.015; OR = 4.005; 95% CI: 1.380–11.617) and the level of energy sufficiency (p -value = 0.016; OR = 2.989; (95% CI: 1.295–6.898). There was a relationship between the level of energy sufficiency with undernutrition status (p =0.031; OR=7.043; 95% CI: 1.213–40.916) and overnutrition status (p =0.000; OR=26.278; 95% CI: 6.918–99.813). with the nutritional status of Adolescent, while the level of nutritional knowledge was not related to nutritional status or the level of energy sufficiency. Schools are advised to improve balanced nutrition education through the integration of nutrition materials. in learning activities to support the development of healthy eating habits in Adolescent.

Keywords: *eating habits, energy sufficiency, nutritional knowledge, Adolescent, nutritional status*