

POLITEKNIK KESEHATAN TANJUNG KARANG
JURUSAN GIZI
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Gambaran Tingkat Pengetahuan Gizi Aktivitas Fisik dan Status Gizi Remaja Putri
SMA IT Baitul Jannah Islamic School Tahun 2023

xiii + halaman 80 + tabel 8, gambar 3, lampiran 11

ABSTRAK

Masa Remaja merupakan masa perpindahan dari anak-anak menuju dewasa. Proses untuk mencapai kedewasaan biasanya ditandai dengan pubertas yang berhubungan erat dengan perubahan aspek fisik dan psikis. Perubahan aspek fisik adalah yang paling penting karena berlangsung dengan cepat, drastis dan berada pada organ reproduksi, ada masa remaja harus mendapatkan asupan zat-zat gizi yang seimbang dan sesuai dengan kebutuhan agar tercapai pertumbuhan dan perkembangan yang optimal. Tujuan penelitian ini untuk mengetahui gambaran tingkat pengetahuan gizi aktivitas fisik dan status gizi remaja putri SMA IT di Baitul Janna Islamic School.

Jenis penelitian ini adalah deskriptif, penelitian ini dilakukan pada tanggal 8 Mei 2023. Populasi dalam penelitian ini adalah siswi remaja putri dengan usia 15-19 tahun dengan jumlah 77 siswi dan mendapatkan sampel berjumlah 49 orang melibatkan remaja putri kelas 10 dan 11 reguler. Lokasi penelitian ini di SMA IT di Baitul Janna Islamic school Kabupaten kota Bandar Lampung. Analisis data yang di gunakan pada penelitian ini yaitu analisis univariat.

Hasil penelitian menunjukkan bahwa status gizi remaja putri SMA IT di Baitul Janna Islamic school terdapat 49,0% katagori status gizi normal. Aktivitas fisik remaja putri SMA IT di Baitul Janna Islamic School terdapat 40 % katagori ringan. Pengetahuan remaja putri SMA IT di Baitul Janna Islamic School terdapat 67,3% katagori baik.

Kesimpulan dari penelitian ini adalah remaja putri SMA IT Baitul Jannah memiliki status gizi belum cukup baik, pengetahuan remaja putri cukup dan Aktivitas fisik tergolong ringan. Disarankan pada para remaja putri SMA IT di Baitul Jannah untuk tetap menjaga asupan nutrisi dan pola hidup yang baik dengan memperhatikan dengan jenis asupan dan aktivitas fisik serta menerapkan pola hidup sehat agar mampu mempertahankan status gizi dalam keadaan normal.

Kata Kunci : pengetahuan, status gizi, aktivitas fisik
Daftar Bacaan :52 (2012-2020)

**HEALTH POLITECNIC TANJUNG KARANG
NUTRITIONAL DEPARTMENT
Final Report, Juni 2023**

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Description of the Level of Nutrition Knowledge of Physical Activity and Nutritional Status of Young Girls at SMA IT Baitul Jannah Islamic School in 2023

XIII + Pages 80 + Tables 8, Images 3, Attachments 11

ABSTRACT

Adolescence is a period of transition from children to adulthood. The process of reaching maturity is usually marked by puberty which is closely related to changes in physical and psychological aspects. Changes in the physical aspect are the most important because they occur quickly, drastically and are in the reproductive organs. During adolescence, you must get a balanced intake of nutrients according to your needs in order to achieve optimal growth and development. The aim of the study was to describe the level of nutritional knowledge of physical activity and the nutritional status of high school IT female adolescents at Baitul Janna Islamic school.

This type of research is descriptive, this research was conducted on May 8, 2023. The population in this study were female students aged 15-19 years with a total of 77 students and received a sample of 49 people involving regular 10th and 11th grade girls. The location of this research is at the IT High School in Baitul Janna Islamic school, Bandar Lampung city district. Data analysis used in this study is univariate analysis.

The results showed that the nutritional status of female high school IT students at Baitul Janna Islamic school 49.0% was in the normal nutritional status category. The physical activity of female high school IT students in Baitul Janna Islamic school is in the light category 40%. The knowledge of IT high school girls in Baitul Janna Islamic school is in the good category 67.3%.

The conclusion of this study is that female adolescents at SMA IT Baitul Jannah have normal nutritional status. Knowledge of young women is good and physical activity is relatively mild. It is recommended for young women from SMA IT in Baitul Jannah to maintain good nutritional intake and lifestyle by paying attention to the type of intake and physical activity and adopting a healthy lifestyle in order to be able to maintain nutritional status in normal circumstances.

Keywords : knowledge, nutritional status, physical activity

Reference: 52 (2012-2020).