

POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN GIZI
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Gambaran Pengetahuan, Aktivitas Fisik, dan Asupan Makanan Remaja pada Bulan
Puasa Ramadhan di SMP Negeri 1 Pesawaran

xiv + 87 halaman + 17 tabel, 2 gambar, 8 lampiran

ABSTRAK

Masa remaja adalah masa yang penting dalam perjalanan hidup manusia. Saat ini Indonesia juga mengalami masalah gizi remaja yaitu stunting, obesitas dan defisiensi mikronutrien seperti anemia. Menurut Survei Kesehatan Indonesia 2023 Prevalensi status gizi menurut IMT/U di Provinsi Lampung pada anak umur 13 – 15 tahun yaitu gizi buruk 1.4%, gizi kurang 5.8%, gemuk 8.7%, dan obesitas 2.8% (Kementerian Kesehatan, 2023).

Tujuan penelitian ini adalah untuk melihat gambaran pengetahuan, aktivitas fisik, dan asupan makanan remaja kelas 8 selama bulan Ramadhan di SMP Negeri 1 Pesawaran. Jenis penelitian yang digunakan adalah penelitian dekriptif. Sampel dalam penelitian ini sebanyak 55 siswa/i yang dipilih melalui simple random sampling. Penelitian ini dilaksanakan di SMP Negeri 1 Pesawaran dilaksanakan pada bulan Maret 2024.

Hasil penelitian menunjukkan bahwa mayoritas siswa memiliki pengetahuan gizi puasa yang baik (60%) dan aktivitas fisik ringan (65.5%). Selanjutnya mayoritas siswa memiliki asupan gizi yang sangat kurang dari kebutuhan harian meliputi energi (96.4%), protein (100%), lemak (94.5%) dan karbohidrat (98.2%). Maka perlu adanya perhatian lebih terhadap pola makan dan aktivitas fisik siswa guna meningkatkan kesehatan mereka secara keseluruhan saat berpuasa. Dengan demikian pihak sekolah dapat bekerjasama dengan petugas puskesmas untuk mengadakan program edukasi gizi di sekolah, terutama fokus pada pentingnya asupan makanan yang seimbang dan aktifitas fisik selama bulan puasa

Kata Kunci : Aktivitas Fisik, Asupan Makanan, Pengetahuan Gizi, Puasa
Daftar Bacaan : 95 (1983 – 2023)

**TANJUNGPURBA HEALTH POLYTECHNIC
DEPARTMENT OF NUTRITION
Final Project, June 2024**

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Overview of Knowledge, Physical Activity, and Food Intake of Adolescents During the Month of Ramadan Fasting at State Junior High School 1 Pesawaran

xiv + 87 pages + 17 tables, 2 pictures, 8 attachments

ABSTRACT

Adolescence is an important period in human life. Currently, Indonesia is also experiencing adolescent nutrition problems, namely stunting, obesity and micronutrient deficiencies such as anemia. According to the 2023 Indonesian Health Survey, the prevalence of nutritional status according to BMI/U in Lampung Province among children aged 13 - 15 years is 1.4% severely thin, 5.85% thin, 8.7% overweight, and 2.8% obese (Ministry of Health, 2023).

The aim of this research is to see the description of knowledge, physical activity and food intake of grade 8 teenagers during the month of Ramadan at SMP Negeri 1 Pesawaran. The type of research used is descriptive research. The sample in this study was 55 students selected through simple random sampling. This research was carried out at SMP Negeri 1 Pesawaran in March 2024.

The results showed that the majority of students had good knowledge of fasting nutrition (60%) and light physical activity (65.5%). Apart from that, most students have nutritional intake that is very less than daily requirements including energy (96.4%), protein (100%), fat (94.5%) and carbohydrate (98.2). So there is a need to pay more attention to students' diet and physical activity in order to improve their overall health while fasting. Likewise, the school collaborates with community health center officers to hold nutrition education programs in schools, especially focusing on the importance of balanced food intake and physical activity during the fasting month.

Keywords : Physical Activity, Food Intake, Nutrition Knowledge, fasting

Reference : 95 (1983 - 2023)