

POLITEKNIK KESEHATAN TANJUNGPUR

JURUSAN GIZI

Tugas Akhir, Juni 2022

Armila Alifya

Gambaran Asupan Zat Gizi Makro, Kecukupan Gizi dan Status Gizi Remaja Putri di Pondok Pesantren Darull Khair Kabupaten Lampung Utara Tahun 2022

Xi + 34 halaman + 6 table + 2 gambar + 6 lampiran

ABSTRAK

Makanan merupakan bahan selain obat yang mengandung zat-zat gizi dan atau unsur-unsur ikatan kimia yang dapat diubah menjadi zat gizi oleh tubuh, yang berguna bila dimasukkan ke dalam tubuh. Status gizi merupakan keadaan yang ditentukan oleh derajat kebutuhan fisik terhadap energi dan zat-zat gizi yang diperoleh dari asupan makanan yang dampak fisiknya dapat diukur.

Penelitian ini bertujuan untuk Mengetahui Gambaran Besar Porsi, Kecukupan Gizi dan Status Gizi Remaja Putri di Pondok Pesantren Darull Khair. Penelitian ini dilakukan dengan rancangan penelitian bersifat deskriptif. Sampel adalah Remaja Putri di Pondok Pesantren Darull Khair yang berusia 14-16 tahun yang berjumlah 71 orang. Pengumpulan data dilakukan dengan Teknik food recall, kuesioner, menimbang berat badan, mengukur tinggi badan.

Hasil penelitian ini menunjukkan sampel Remaja Putri pada bulan Juni 2022 ada 71 orang. Asupan energi defisit kurang ditemukan sebesar 87,3 %, asupan protein defisit kurang ditemukan sebesar 73,2%, asupan lemak defisit kurang ditemukan sebesar 84,5%, dan asupan karbohidrat defisit kurang ditemukan sebesar 74,6%. Status gizi dengan kategori normal sebesar 83,1%.

Dari hasil penelitian ini diharapkan bagi pondok untuk menu santri dilakukan pemorsian sesuai dengan anjuran porsi makan yang sesuai dengan kebutuhan remaja putri di Pondok Pesantren Darull Khair Lampung Utara. Hidangan makanan sebaiknya dibuat siklus menu agar menghindari kebosanan, makanan yang disajikan dapat disusun sesuai dengan kebutuhan gizi. Santri yang memiliki asupan gizi yang sangat kurang disarankan untuk dapat meningkatkan asupan makan yang bergizi seimbang dengan cara melakukan penyuluhan kepada para santri tentang pentingnya "ISI PIRINGKU".

Kata kunci : Asupan Gizi , Kecukupan Gizi, Status Gizi.

Daftar Bacaan : 24(2003-2019)

TANJUNGPURBA HEALTH POLYTECHNIC

DEPARTMENT OF NUTRITION

Final Project, June 2022

Armila Alifya

Overview of Macro Nutrient Intake, Nutritional Adequacy and Nutritional Status of Young Women at Darull Khair Islamic Boarding School, North Lampung Regency in 2022

Xi + 34 pages + 6 table + 2 pictures + 6 attachments

ABSTRACT

Food is a substance other than medicine that contains nutrients and/or chemically bonded elements that can be converted into nutrients by the body, which are useful when taken into the body. Nutritional status is a condition that is determined by the degree of physical need for energy and nutrients obtained from food intake whose physical impact can be measured.

This study aims to determine the big picture of servings, nutritional adequacy and nutritional status of young women in Darull Khair Islamic Boarding School. This research was conducted with a descriptive research design. The sample is Young Women at Darull Khair Islamic Boarding School aged 14-16 years, totaling 71 people. Data was collected using food recall techniques, questionnaires, weighing and measuring height.

The results of this study indicate that the sample of Young Women in June 2022 was 71 people. Very low energy intake was found at 87,3%, protein intake was very low at 73,2%, fat intake was very low at 84,5%, and carbohydrate intake was very low at 83,1%. Nutritional status in the normal category was 57.7%.

From the results of this study, it is hoped that for the boarding school for the santri menu, memorization is carried out in accordance with the recommended meal portions according to the needs of young women at the Darull Khair Islamic Boarding School, North Lampung. Food dishes should be made into a menu cycle to avoid boredom, the food served can be arranged according to nutritional needs. Santri who have very low nutritional intake are advised to increase their intake of a balanced nutritious diet by conducting counseling to the students about the importance of "ISI PIRINGKU".

Keywords : Nutritional Intake, Nutritional Adequacy, Nutritional Status.

Reading List : 24 (2003-2019)