

# **POLITEKNIK KESEHATAN TANJUNGPUR**

## **JURUSAN GIZI**

### **Tugas Akhir, Mei 2023**

Soraya Media Annisa

Gambaran Status Gizi, Pengetahuan Gizi, Asupan Zat Gizi Makro, Dan Aktivitas Fisik Pada Siswa Calon Polri di Bimbel Abdi Negara Bandar Lampung Tahun 2023

xiii + 42 halaman + 13 tabel, 2 gambar, 9 lampiran

### **ABSTRAK**

Status gizi remaja di pengaruhi oleh faktor-faktor yang dapat mempengaruhi status gizi antara lain pengetahuan, konsumsi makanan sehari-hari, dan aktivitas fisik. Faktor gizi memegang peranan penting dalam pembinaan fisik terhadap calon anggota Polri. Data Riskesdas 2018 Provinsi Lampung remaja usia 16 – 18 tahun memiliki prevalensi sangat kurus sebesar 0.7%, kurus 6.78%, normal 80.93%, gemuk 9.42%, dan obesitas sebesar 2.17%. Penelitian ini bertujuan untuk mengetahui gambaran status gizi, pengetahuan gizi, asupan zat gizi makro, dan aktivitas fisik pada siswa calon Polri di Bimbel Abdi Negara Bandar Lampung.

Jenis penelitian ini adalah penelitian deskriptif dengan metode analisis univariat. Populasi pada penelitian ini adalah seluruh siswa di Bimbel Abdi Negara Bandar Lampung, sedangkan sampelnya ada 31 responden yang diambil menggunakan purposive sampling. Data diperoleh dari hasil pengisian angket dan wawancara dengan alat bantu kuesioner menggunakan formulir pengetahuan, formulir *recall* 24 jam, formulir PAL (*Physical Activity Level*), dan pengukuran langsung yang meliputi tinggi badan serta penimbangan berat badan.

Hasil penelitian diketahui bahwa remaja di Bimbel Abdi Negara Bandar Lampung, didapati yang mengalami gizi kurang 6.5%. Tingkat pengetahuan remaja didapatkan hasil pengetahuan cukup 35.5%. Remaja yang mengalami energi defisit ringan 32.2%, Asupan protein defisit ringan 19.4%, Asupan lemak defisit ringan 29%, Asupan karbohidrat defisit ringan 32.2%, Tingkat aktivitas fisik berat 6.5%.

Responden di Bimbel Abdi Negara Bandar Lampung diharapkan dapat memantau status gizi dengan mengukur tinggi badan dan berat badan secara berkala. Untuk mempertahankan status gizi yang ada diharapkan Bimbel Abdi Negara perlu mengadakan sosialisasi berkala tentang gizi seimbang dan mampu menyediakan tenaga gizi untuk mengedukasi serta pemantauan status gizi siswa calon Polri.

Kata Kunci : status gizi, asupan, remaja

Daftar Bacaan : 43 (2001-2022)

**HEALTH POLYTECHNIC OF TANJUNGPUR  
NUTRITION DEPARTMENT  
Final Report, May 2023**

Soraya Media Annisa

Overview of Nutritional Status, Nutritional Knowledge, Macronutrient Intake, and Physical Activity in Police Candidate Students at Bimbel Abdi Negara Bandar Lampung in 2023

xiii + 42 pages + 13 tables, 2 pictures, 9 attachments

**ABSTRACT**

*The nutritional status of adolescents is influenced by factors that can affect nutritional status, including knowledge, daily food consumption, and physical activity. The nutritional factor plays an important role in the physical development of prospective members of the National Police. Data from the 2018 Riskesdas Lampung Province, adolescents aged 16-18 years had a prevalence of very thin 0.7%, thin 6.78%, normal 80.93%, obese 9.42%, and obese 2.17%. This study aims to describe the nutritional status, nutritional knowledge, intake of macronutrients, and physical activity in students who are National Police candidates at Bimbel Abdi Negara Bandar Lampung.*

*This type of research is descriptive research with univariate analysis method. The population in this study were all students at the Bandar Lampung State Service Bimbel, while the sample consisted of 31 respondents who were taken using purposive sampling. Data were obtained from the results of filling out questionnaires and interviews with questionnaire aids using knowledge forms, 24-hour recall forms, PAL (Physical Activity Level) forms, and direct measurements which included height and weight.*

*The results of the study revealed that adolescents in the State Service Training Center of Bandar Lampung, were found to be 6.5% malnourished. The level of knowledge of adolescents obtained sufficient knowledge results of 35.5%. Adolescents who experienced a mild energy deficit of 32.2%, a mild deficit of protein intake of 19.4%, a mild deficit of fat intake of 29%, a mild deficit of carbohydrates intake of 32.2%, a heavy physical activity level of 6.5%.*

*It is hoped that respondents at Bimbel Abdi Negara Bandar Lampung can monitor their nutritional status by measuring their height and weight regularly. To maintain the existing nutritional status, it is hoped that the State Service Bimbel will need to hold periodic socialization on balanced nutrition and be able to provide nutrition workers to educate and monitor the nutritional status of students who are National Police candidates.*

*Keywords : nutritional status, food intake, adolescents*

*Reference : 43 (2001-2022)*