

POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN GIZI
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Gambaran Pengetahuan Tentang Gizi Seimbang, Status Gizi dan Asupan Makan Remaja Putri Di Pondok Pesantren Sunanulhuda Kabupaten Lampung Selatan Tahun 2023

xiv + 66 halaman, 8 tabel, 2 gambar, dan 12 Lampiran

ABSTRAK

Status Gizi adalah ekspresi dari keadaan keseimbangan dalam bentuk variable tertentu, atau perwujudan dari nutrisi dalam bentuk variabel tertentu. Setiap individu membutuhkan asupan zat gizi yang berbeda antar individu. Penelitian ini bertujuan Mengetahui gambaran pengetahuan tentang gizi seimbang, status gizi dan asupan makan di Pondok Pesantren Sunanulhuda Kecamatan Natar Kabupaten Lampung Selatan tahun 2023.

Penelitian ini termasuk dalam penelitian deskriptif. dengan desain penelitian *cross sectional*. Jumlah populasi dari penelitian ini yaitu 42 Santriwati, dengan jumlah sampel yang diambil yaitu 42 santriwati. Dipilih dari seluruh total sampel santriwati di Pondok Pesantren Sunanulhuda. Analisis data yang digunakan dalam penelitian ini adalah analisis univariat.

Hasil penelitian ini diketahui sebanyak 42 orang, memiliki kategori status gizi kurang 2 orang (4.8%), kategori status gizi baik 35 orang (83.3%), status gizi lebih 4 orang (9,5%), kategori status gizi obesitas 1 orang (2.4%). Dan yang memiliki kategori pengetahuan kurang sebanyak 24 orang (57.1%), kategori cukup 12 orang (28.6%), kategori pengetahuan baik 6 orang (14.3%). Kategori asupan energy baik 37 orang (7.1%), asupan protein kurang 30 orang (71.4%), asupan lemak baik 36 orang (85.7%), asupan karbohidrat baik 33 orang (78.6%), asupan asam folat baik 33 orang (78.6%), asupan vitamin c baik 22 orang (52.4%), asupan fe baik 21 orang (50.0%).

Kesimpulan dari penelitian ini adalah hampir semua remaja memiliki status gizi baik (normal) (83.3%), pengetahuan remaja kurang (57.1%). Perlu diadakannya perencanaan program gizi untuk meningkatkan dan memperbaiki perihal pengetahuan gizi seimbang kepada santriwati Pondok Pesantren Sunanulhuda dengan cara bekerja sama, memberi dukungan kepada para tenaga kesehatan serta para pengurus pondok Pesantren Sunanulhuda.

Kata kunci : Asupan, Pengetahuan, Remaja Putri, Status Gizi
Daftar Bacaan : 50 (2012 – 2020)

**TANJUNGPURBAN HEALTH POLYTECHNIC
DEPARTMENT OF NUTRITION
Final Project, June 2023**

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Description Knowledge About nutrition Balanced, Nutritional Status and intake Eat Teenager Princess In The Cottage Boarding school Sunanulhuda South Lampung Regency in 2023

xiv+ 66 pages , 8 tables , 2 pictures , and 12 attachments

ABSTRACT

Nutritional Status is expression from circumstances balance in certain variable form, or embodiment from nutrition in form variable certain. Every individual need intake substance different nutrition between individual. Study this aim Knowing description knowledge about nutrition balance, nutritional status and intake eat at the cottage Boarding school Sunanulhuda Subdistrict Natar South Lampung Regency in 2023.

Study this including in study descriptive. with design study *cross sectional*. Amount population from study this namely 42 female students, with amount sample taken namely 42 students. Selected from the total sample of female students Pondok Boarding school Sunanul Huda. Data analysis used in study this is analyst univariate.

The results of this study revealed that there were 42 people, 2 people (4.8%) had a poor nutritional status category, 35 people (83.3%) good nutritional status category, 4 people (9.5%) more nutritional status, 1 person was obese nutritional status category (2.4%). And those who have less knowledge category are 24 people (57.1%), sufficient category are 12 people (28.6%), good knowledge category are 6 people (14.3%). Category good energy intake 37 people (7.1%), protein intake less 30 people (71.4%), good fat intake 36 people (85.7%), good carbohydrate intake 33 people (78.6%), good folic acid intake 33 people (78.6%) , 22 people (52.4%) had good vitamin C intake, 21 people (50.0%) had good Fe intake.

The conclusion of this study is that almost all adolescents have good nutritional status (normal) (83.3%), lack of knowledge of adolescents (57.1%). It is necessary to plan a nutrition program to increase and improve the knowledge of balanced nutrition for the female students of the Sunanulhuda Islamic Boarding School by working together, providing support to health workers and administrators of the Sunanulhuda Islamic Boarding School.

Keywords : Intake, Knowledge, teenage girl, Nutritional

List Reading : 50 (2012 – 2022)