

**POLITEKNIK KESEHATAN  
TANJUNG KARANG  
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**Gambaran Pengetahuan Gizi Remaja, Aktifitas Fisik dan Kebiasaan Sarapan di MTs Darul Ulum Karangsari Belitang III Oku Timur**

xii + 70 Halaman + 9 tabel + 2 gambar + 9 lampiran

**ABSTRAK**

Sekitar seperempat remaja usia 13-18 tahun mengalami stunting atau pendek, 9 % remaja bertubuh kurus atau memiliki indeks massa tubuh rendah, sedangkan 16 % remaja lainnya mengalami kegemukan dan obesitas. Selain itu sekitar seperempat remaja putri mengalami anemia (Unicef, 2021). Provinsi Sumatera Selatan menjadi salah satu Provinsi dengan angka di atas rata-rata yaitu sebanyak 6,9% remaja memiliki status gizi kurus berdasarkan IMT/U (Kemenkes, 2023). Penelitian ini bertujuan untuk mengetahui gambaran pengetahuan gizi remaja, aktifitas fisik dan kebiasaan sarapan di MTs Darul Ulum Karangsari Belitang III Oku Timur.

Jenis penelitian ini menggunakan metode deskriptif. Teknik pengambilan sampel menggunakan simple random sampling, populasi dalam penelitian adalah remaja kelas VII di MTs Darul Ulum Karang Sari dengan jumlah populasi dan sampel yaitu sebanyak 45 siswa. Hasil penelitian menunjukkan bahwa sebanyak 48,9% siswa memiliki pengetahuan yang kurang, 42,2% siswa memiliki pengetahuan yang cukup dan 8,9% siswa lainnya memiliki pengetahuan yang baik. Hasil penelitian aktifitas fisik sebanyak 53,3% siswa memiliki aktifitas sangat ringan, 33,3% siswa memiliki aktifitas ringan, 8,9% siswa memiliki aktifitas berat dan 4,4% siswa memiliki aktifitas sangat berat.

Hasil kebiasaan sarapan sebanyak 6,7% tidak pernah melakukan sarapan pagi, 88,9% dengan kategori sarapan pagi <4 kali dalam seminggu dan 4,4% lainnya melakukan sarapan pagi dengan kategori  $\geq 4$  kali dalam seminggu. Berdasarkan hasil penelitian, disarankan agar pihak sekolah mampu mengedukasi kepada siswa MTs Darul Ulum Karangsari tentang pentingnya gizi remaja, terutama pentingnya kebiasaan sarapan. Para siswa diharapkan mampu menerapkan kebiasaan sarapan serta aktifitas fisik untuk menjaga daya tahan tubuh.

Kata kunci :Remaja, Aktifitas Fisik, Sarapan  
Daftar Pustaka: 70(2009-2024)

**HEALTH POLYTECHNIC OF TANJUNGPUR NUTRITION  
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**Description of Adolescent Nutrition Knowledge, Physical Activity and  
Breakfast Habits at MTs Darul Ulum Karang Sari Belitang III Oku Timur**

xii + 70 pages + 9 table + 2 picture + 9 attachments

**ABSTRACT**

About a quarter of adolescents aged 13-18 years experience stunting or short stature, 9% of adolescents are thin or have a low body mass index, while 16% of other adolescents are overweight and obese. In addition, about a quarter of female adolescents experience anemia (Unicef, 2021). South Sumatra Province is one of the provinces with above average figures, namely 6.9% of adolescents have thin nutritional status based on BMI/U (Ministry of Health, 2023). This study aims to determine the description of adolescent nutritional knowledge, physical activity and breakfast habits at MTs Darul Ulum Karang Sari Belitang III Oku Timur. This type of research uses a descriptive method. The sampling technique used simple random sampling, the population in the study were grade VII adolescents at MTs Darul Ulum Karang Sari with a population of 143 female adolescents, and the number of samples taken was 45 students.

The results showed that 48.9% of students had insufficient knowledge, 42.2% of students had sufficient knowledge and 8.9% of other students had good knowledge.

The results of the physical activity study showed that 53.3% of students had very light activity, 33.3% of students had light activity, 8.9% of students had heavy activity and 4.4% of students had very heavy activity. The results of breakfast habits showed that 6.7% never had breakfast, 88.9% had breakfast <4 times a week and 4.4% had breakfast  $\geq 4$  times a week. Based on the results of the study, it is recommended that schools be able to educate MTs Darul Ulum Karang Sari students about the importance of adolescent nutrition, especially the importance of breakfast habits. Students are expected to be able to implement breakfast habits and physical activities to maintain endurance.

Keywords: Adolescents, Physical Activity, Breakfast  
Reading List: 70(2009-2024)