

POLITEKNIK KESEHATAN TANJUNGKARANG
JURUSAN GIZI
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Gambaran Status Gizi dan Asupan Gizi Pada Remaja Putri
Kelas XI diSMAN 15 Bandar Lampung.

xiii + 70 halaman + 14 tabel, 2 gambar, 8 lampiran

ABSTRAK

Masa remaja merupakan periode percepatan pertumbuhan yang memerlukan pemantauan status gizi secara optimal guna mengidentifikasi risiko gizi kurang maupun gizi lebih sebelum menimbulkan komplikasi kesehatan. Perubahan gaya hidup dan pola makan remaja sangat mempengaruhi asupan gizinya. Berdasarkan hasil SKI, prevalensi Kekurangan Energi Kronis (KEK) pada remaja putri di Indonesia sebesar 36,3%, sedangkan di Provinsi Lampung, status gizi normal sebesar 61,40%, berat badan lebih 12,35%, dan obesitas 17,31%. Penelitian ini bertujuan untuk mengetahui gambaran status dan asupan gizi pada remaja putri di SMAN 15 Bandar Lampung.

Penelitian ini merupakan penelitian deskriptif analitik dengan pendekatan observasional dan menggunakan desain cross sectional. Populasi adalah siswi kelas XI sebanyak 142 orang, dengan sampel sebanyak 59 responden. Data dianalisis secara univariat.

Hasil penelitian menunjukkan bahwa 76,3% responden memiliki status gizi baik berdasarkan IMT, namun 55,9% berisiko KEK berdasarkan pengukuran LILA ($\leq 23,5$ cm). Sebagian besar responden memiliki asupan energi (64,4%), protein (76,3%), lemak (50,8%), zat besi (93,2%), magnesium (76,3%), zink (86,4%), dan vitamin C (98,3%) yang kurang. Sementara itu, 44,1% memiliki kelebihan asupan karbohidrat. Kesimpulan dari penelitian ini menunjukkan bahwa mayoritas remaja putri memiliki status gizi baik berdasarkan IMT, namun tetap berisiko KEK dan memiliki asupan zat gizi makro dan mikro yang tergolong kurang. Saran dari penelitian ini adalah perlunya edukasi gizi secara berkala di sekolah serta dorongan keterlibatan orang tua dalam mengawasi pola makan remaja untuk mencegah risiko gizi kurang yang dapat memengaruhi kesehatan dan prestasi belajar.

Kata kunci : Asupan, Remaja Putri, Status Gizi
Daftar Pustaka : 30 (1997-2023)

TANJUNGKARANG HEALTH POLYTECHNIC
DEPARTMENT OF NUTRITION
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**Overview of Nutritional Status and Nutritional Intake in Adolescent Girls
Class XI at SMAN 15 Bandar Lampung.**

xiii + 70 pages + 14 tables, 2 pictures, 8 attachments

ABSTRAK

Adolescence is a period of accelerated growth that requires optimal nutritional monitoring to identify the risk of undernutrition or overnutrition before it leads to health complications. Changes in adolescents' lifestyle and eating patterns greatly influence their nutrient intake. According to the SKI, the prevalence of Chronic Energy Deficiency (CED) among adolescent girls in Indonesia was 36.3%. In Lampung Province, 61.40% of adolescents had normal nutritional status, 12.35% were overweight, and 17.31% were obese. This study aimed to describe the nutritional status and intake of adolescent girls at SMAN 15 Bandar Lampung.

This research is an analytical descriptive study with an observational approach using a cross-sectional design. The population consisted of 142 female students in grade XI, with a sample of 59 respondents. Data were analyzed using univariate analysis.

The results showed that 76.3% of respondents had good nutritional status based on BMI, but 55.9% were at risk of CED based on MUAC measurements (≤ 23.5 cm). Most respondents had inadequate intake of energy (64,4%), protein (76,3%), fat (50,8%), iron (93,2%), magnesium (76,3%), zinc (86,4%), and vitamin C (98.3%). Meanwhile, 44,1% had excessive carbohydrate intake. The majority of adolescent girls had good nutritional status based on BMI; however, they were still at risk of CED and had insufficient intake of macro- and micronutrients. Regular nutrition education in schools and increased parental involvement in monitoring adolescents' eating habits are recommended to prevent nutritional deficiencies that could affect health and academic performance.

Keywords : Intake, Young Women, Nutritional
References : 30 (1997-2023)