

ABSTRAK



UNIVERSITAS ESA UNGGUL
FAKULTAS ILMU-ILMU KESEHATAN
PROGRAM STUDI ILMU GIZI
SKRIPSI, SEPTEMBER 2017

DESTY MAHABATILLAH
NIM : 201532292

xiv, VI Bab, 91 Halam, 4 Gambar, 17 Tabel, 15 Lampiran

HUBUNGAN KUALITAS DIET, TINGKAT KECUKUPAN ZAT GIZI MAKRO DAN MIKRO DENGAN STATUS GIZI PADA REMAJA DI BOARDING SCHOOL ISLAM TERPADU UMAR SYARIFUDDIN KABUPATEN KUNINGAN

Latar Belakang : Data Riset Kesehatan Dasar (RISKESDAS) dari tahun 2007, 2010, dan 2013 menyebutkan bahwa prevalensi remaja usia 13-15 tahun berdasarkan IMT/U memiliki status gizi kurus yaitu sebanyak 24,2% dilihat dari tingkat kecukupan energi dan protein masih kurang yaitu 52,5% kurang dari 70% Angka Kecukupan Energi (AKE). Remaja rentan mengalami kurang gizi pada periode puncak tumbuh kembang.

Tujuan : Menganalisis hubungan kualitas diet, tingkat kecukupan zat gizi makro (energi, protein) dan mikro (kalsium, zat besi) dengan status gizi remaja di *Boarding School Islam Terpadu Umar Syarifuddin Kabupaten Kuningan*.

Metode Penelitian : Jenis Penelitian ini menggunakan rancangan penelitian *cross sectional*, jumlah populasi 116 kelas VIII & IX dengan perhitungan sampel uji hipotesis beda dua proporsi yaitu berjumlah 78 responden dengan cara *proportional stratified random sampling*, kualitas diet dinilai dari skor Indeks Gizi Seimbang (IGS 3-60), tingkat kecukupan zat gizi makro dan mikro diperoleh dari hasil *recall* 3 hari tidak berurut, dan status gizi diperoleh dari pengukuran antropometri. Analisis bivariat menggunakan uji *chi-square*.

Hasil : Hasil penelitian didapatkan presentase kualitas diet 67.9% kategori kurang, tingkat kecukupan energi 65.4% cukup, protein 87.2% cukup, kalsium 85.9% kurang, Fe 83.3% kurang, dan status gizi sebanyak 75.9% kategori normal. Tidak ada hubungan antara kualitas diet dengan status gizi ($p\text{-value}>0.143$), ada hubungan tingkat kecukupan energi dengan status gizi ($p\text{-value}<0.006$), ada hubungan tingkat kecukupan protein dengan status gizi ($p\text{-value}<0.001$), dan tidak ada hubungan tingkat kecukupan kalsium dan Fe dengan status gizi ($p\text{-value}<1.000$).

Kesimpulan : Ada hubungan tingkat kecukupan energi dan protein dengan status gizi ($p\text{-value}<0.05$). Perlu diadakan promosi gizi seimbang dengan cara penyuluhan untuk meningkatkan kualitas diet bagi remaja yang tinggal diasrama untuk konsumsi makanan yang bervariasi dan beragam dengan meningkatkan buah dan sayur.

Kata Kunci : Kualitas diet, tingkat kecukupan energi, protein kalsium, dan Fe, remaja,

Bahan bacaan : 95 (1990-2016)



ABSTRACT

ESA UNGGUL UNIVERSITY
FACULTY OF HEALTH-SCIENCE
PROGRAM STUDY NUTRITION SCIENCE
THESIS, SEPTEMBER 2017

DESTY MAHABATILLAH
NIM: 201532292

DIET QUALITY RELATIONS, LEVEL OF ADEQUACY OF MACRO AND MICRO NUTRITION WITH NUTRITION STATUS ON ADOLESCENT IN BOARDING SCHOOL ISLAM TERPADU UMAR SYARIFUDDIN KABUPATEN KUNINGAN

Background: Health research data basic (Riskesdas) next year from, 2010, and 2013 mention that the prevalence of teenagers aged 13-15 based on BMI/A having the nutritional status of bony namely as many as 24.2% seen from the adequate level of energy and protein is weak namely 52.5 % are less than 70% figures sufficiency energy (AKE). Teenagers susceptible experienced undernourished in the period of the top of growing kembang.

Purpose: Analyzing the relationship the quality of the diet, the adequate level of macro nutrient (energy, a protein) and micro (calcium, iron) with nutritional status of a juvenile *Boarding School* of integrated islamic umar syarifuddin kabupaten Kuningan .

A method of the study: The kind of research it uses design research cross sectional, a population of 116 class VIII & IX by calculation a test sample of hypothesis different two the proportion of namely were 78 respondents by means of proportional stratified random sampling, the quality of diet is considered of the score index nutrition balanced (IGS 3-60), the adequate level of the nutrients macro and micro obtained from the results of recall 3 days unordered, and nutritional status of derived from measurement anthropometry. Analysis bivariat use chi-square test .

Yield: The results of the study obtained the percentage the quality of diet 67.9% category less, the adequate level of the energy 65.4 % enough, protein 87.2 % enough, calcium 85.9 % less, iron 83.3 % less, and nutritional status of as many as 75.9% category normal. There was no connection between quality diet with the status of nutrition ($p\text{-value} > 0.143$), there was a correlation adequate level of the energy with the status of nutrition ($p\text{-value} < 0.006$), there was a correlation adequate level of the protein with the status of nutrition ($p\text{-value} < 0.001$), And there was no connection adequate level of the calcium and iron on nutrition ($p\text{-value} < 1.000$).

Conclusion: Adequate level of the energy and protein on ($p\text{-value} < 0.05$). Badly needed promotion of nutrition balanced by means of information to improve the quality of diet for teenagers who live diasrama for food consumption varying and varied by increasing fruits and vegetables .

Keywords: The quality of diet, adequate level of the energy, proteins calcium, and iron, teenagers.

Reading materials: 95 (1990-2016)