

## LAMPIRAN



Nomor : 39/DKN/FIKES/Gizi/UEU/ VIII/2018  
Perihal : Permohonan Izin Penelitian  
Lampiran : -

Jakarta, 2 Agustus 2018

Kepada Yth.  
Kepala Sekolah SMA Negeri 6 Tangerang  
Jalan Nyimas Melati No. 2, Karanganyar, Neglasari, Kota Tangerang

Dengan hormat,

Sehubungan dengan pelaksanaan tugas akhir (skripsi) mahasiswa Program studi Ilmu Gizi Universitas Esa Unggul maka bersama ini kami mengajukan permohonan kepada Bapak/Ibu untuk dapat memberikan izin penelitian kepada mahasiswa kami di instansi yang Bapak/Ibu pimpin.

Adapun nama mahasiswa dan judul penelitiannya ialah sebagai berikut:

Nama Mahasiswa	NIM	No. Telp	Judul Skripsi
Amalia Mukti Arifani	201432119	87809703728	Hubungan Kebiasaan Sarapan, Tingkat Kecukupan Zat Gizi, dan Screen Time Terhadap Kejadian Gizi Lebih pada Remaja 16-18 Tahun di SMA Negeri 6 Tangerang

Demikian surat ini kami sampaikan, atas perhatian dan kerjasamanya kami ucapkan terima kasih.

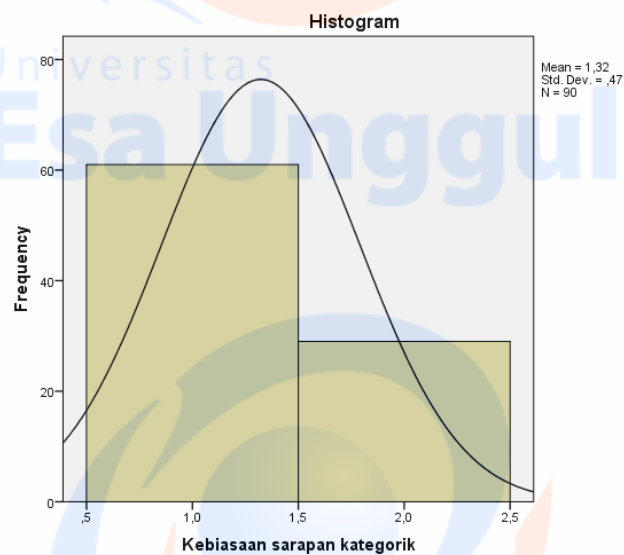
Fakultas Ilmu – Ilmu Kesehatan  
Universitas Esa Unggul

  
Dr. Aprilita Rina Yanti Eff., M.Biomed. Apt.  
DEKAN

## KEBIASAAN SARAPAN

Statistics		
Kebiasaan sarapan kategorik		
N	Valid	90
	Missing	0
Mean		1,32
Std. Error of Mean		,050
Median		1,00
Mode		1
Std. Deviation		,470
Variance		,221
Range		1
Minimum		1
Maximum		2
Sum		119

Kebiasaan sarapan kategorik					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	TIDAK RUTIN	61	67,8	67,8	67,8
	RUTIN	29	32,2	32,2	100,0
	Total	90	100,0	100,0	



Case Processing Summary						
	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Kebiasaan sarapan kategorik * IMT menurut umur	90	100,0%	0	0,0%	90	100,0%

Kebiasaan sarapan kategorik * IMT menurut umur Crosstabulation					
			IMT menurut umur		Total
			GIZI LEBIH	GIZI NORMAL	
Kebiasaan sarapan kategorik	TIDAK RUTIN	Count	36	25	61
		% within Kebiasaan sarapan kategorik	59,0%	41,0%	100,0%
	RUTIN	Count	9	20	29
		% within Kebiasaan sarapan kategorik	31,0%	69,0%	100,0%
Total		Count	45	45	90
		% within Kebiasaan sarapan kategorik	50,0%	50,0%	100,0%

Chi-Square Tests					
	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	6,156 <sup>a</sup>	1	,013		
Continuity Correction <sup>b</sup>	5,088	1	,024		
Likelihood Ratio	6,273	1	,012		
Fisher's Exact Test				,023	,012
Linear-by-Linear Association	6,088	1	,014		
N of Valid Cases	90				
a. 0 cells (,0%) have expected count less than 5. The minimum expected count is 14,50.					
b. Computed only for a 2x2 table					

Symmetric Measures			
		Value	Approximate Significance
Nominal by Nominal	Contingency Coefficient	,253	,013
N of Valid Cases		90	

Risk Estimate				
		Value	95% Confidence Interval	
			Lower	Upper
Odds Ratio for Kebiasaan sarapan kategorik (TIDAK RUTIN / RUTIN)		3,200	1,253	8,173
For cohort IMT menurut umur = GIZI LEBIH		1,902	1,063	3,401
For cohort IMT menurut umur = GIZI NORMAL		,594	,403	,876
N of Valid Cases		90		

#### TINGKAT KECUKUPAN ZAT GIZI

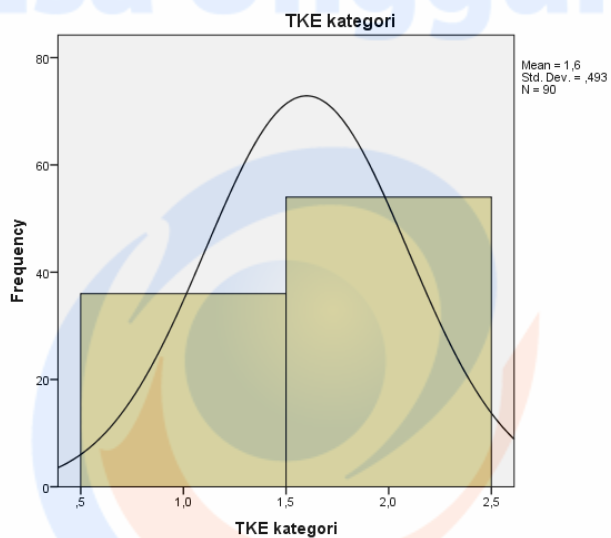
Statistics					
		TKE kategori	TKKH Kategori	TKP Kategori	TKL Kategori
N	Valid	90	90	90	90
	Missing	0	0	0	0
Mean		1,60	1,78	1,13	1,36
Std. Error of Mean		,052	,044	,036	,051
Median		2,00	2,00	1,00	1,00
Mode		2	2	1	1
Std. Deviation		,493	,418	,342	,481
Variance		,243	,175	,117	,232
Range		1	1	1	1
Minimum		1	1	1	1
Maximum		2	2	2	2
Sum		144	160	102	122

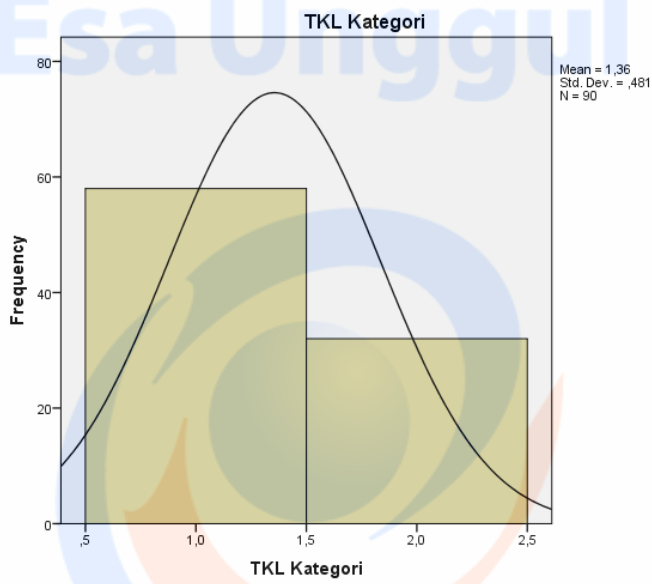
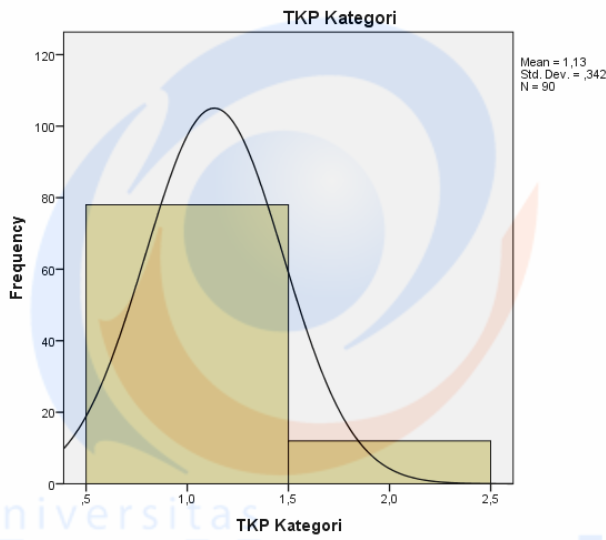
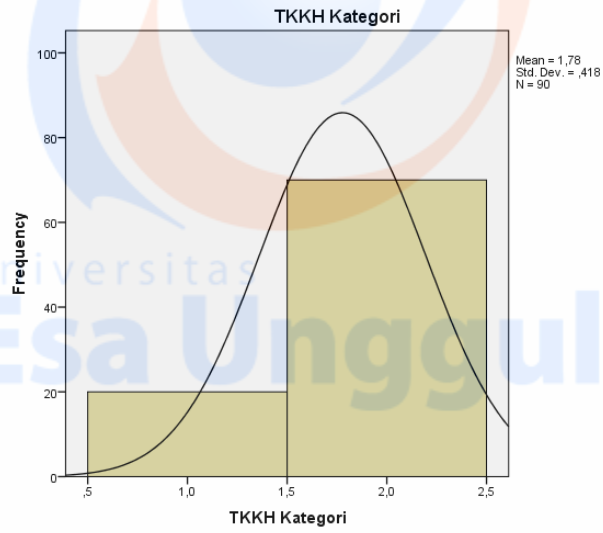
TKE kategori					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	LEBIH	36	40,0	40,0	40,0
	CUKUP	54	60,0	60,0	100,0
	Total	90	100,0	100,0	

TKKH Kategori					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	LEBIH	20	22,2	22,2	22,2
	CUKUP	70	77,8	77,8	100,0
	Total	90	100,0	100,0	

TKP Kategori					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	LEBIH	78	86,7	86,7	86,7
	CUKUP	12	13,3	13,3	100,0
	Total	90	100,0	100,0	

TKL Kategori					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	LEBIH	58	64,4	64,4	64,4
	CUKUP	32	35,6	35,6	100,0
	Total	90	100,0	100,0	





## TINGKAT KECUKUPAN ENERGI \* IMT/U

Case Processing Summary						
	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
TKE kategori * IMT menurut umur	90	100,0%	0	0,0%	90	100,0%
TKKH Kategori * IMT menurut umur	90	100,0%	0	0,0%	90	100,0%
TKP Kategori * IMT menurut umur	90	100,0%	0	0,0%	90	100,0%
TKL Kategori * IMT menurut umur	90	100,0%	0	0,0%	90	100,0%

Crosstab					
		IMT menurut umur			Total
		GIZI LEBIH	GIZI NORMAL		
TKE kategori	TINGGI	Count	26	10	36
		% within TKE kategori	72,2%	27,8%	100,0%
	CUKUP	Count	19	35	54
		% within TKE kategori	35,2%	64,8%	100,0%
Total		Count	45	45	90
		% within TKE kategori	50,0%	50,0%	100,0%

Chi-Square Tests					
	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	11,852 <sup>a</sup>	1	,001		
Continuity Correction <sup>b</sup>	10,417	1	,001		
Likelihood Ratio	12,179	1	,000		
Fisher's Exact Test				,001	,001
Linear-by-Linear Association	11,720	1	,001		
N of Valid Cases	90				

Chi-Square Tests					
	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
a. 0 cells (,0%) have expected count less than 5. The minimum expected count is 18,00.					
b. Computed only for a 2x2 table					

Symmetric Measures			
		Value	Approximate Significance
Nominal by Nominal	Contingency Coefficient	,341	,001
N of Valid Cases		90	

Risk Estimate			
	Value	95% Confidence Interval	
		Lower	Upper
Odds Ratio for TKE kategori (TINGGI / CUKUP)	4,789	1,911	12,001
For cohort IMT menurut umur = GIZI LEBIH	2,053	1,356	3,108
For cohort IMT menurut umur = GIZI NORMAL	,429	,244	,752
N of Valid Cases		90	

#### TINGKAT KECUKUPAN KARBOHIDRAT \* IMT/U

Crosstab					
			IMT menurut umur		Total
			GIZI LEBIH	GIZI NORMAL	
TKKH Kategori	TINGGI	Count	16	4	20
		% within TKKH Kategori	80,0%	20,0%	100,0%
	CUKUP	Count	29	41	70
		% within TKKH Kategori	41,4%	58,6%	100,0%
Total		Count	45	45	90
		% within TKKH Kategori	50,0%	50,0%	100,0%



Chi-Square Tests					
	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	9,257 <sup>a</sup>	1	,002		
Continuity Correction <sup>b</sup>	7,779	1	,005		
Likelihood Ratio	9,777	1	,002		
Fisher's Exact Test				,004	,002
Linear-by-Linear Association	9,154	1	,002		
N of Valid Cases	90				
a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 10,00.					
b. Computed only for a 2x2 table					

Symmetric Measures			
		Value	Approximate Significance
Nominal by Nominal	Contingency Coefficient	,305	,002
N of Valid Cases		90	

Risk Estimate			
	Value	95% Confidence Interval	
		Lower	Upper
Odds Ratio for TKKH Kategori (TINGGI / CUKUP)	5,655	1,713	18,671
For cohort IMT menurut umur = GIZI LEBIH	1,931	1,355	2,752
For cohort IMT menurut umur = GIZI NORMAL	,341	,139	,839
N of Valid Cases		90	

**TINGKAT KECUKUPAN PROTEIN \* IMT/U**

<b>Crosstab</b>					
			IMT menurut umur		Total
			GIZI LEBIH	GIZI NORMAL	
TKP Kategori	TINGGI	Count	40	38	78
		% within TKP Kategori	51,3%	48,7%	100,0%
	CUKUP	Count	5	7	12
		% within TKP Kategori	41,7%	58,3%	100,0%
Total		Count	45	45	90
		% within TKP Kategori	50,0%	50,0%	100,0%

<b>Chi-Square Tests</b>					
	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	,385 <sup>a</sup>	1	,535		
Continuity Correction <sup>b</sup>	,096	1	,756		
Likelihood Ratio	,386	1	,534		
Fisher's Exact Test				,758	,379
Linear-by-Linear Association	,380	1	,537		
N of Valid Cases	90				
a. 0 cells (,0%) have expected count less than 5. The minimum expected count is 6,00.					
b. Computed only for a 2x2 table					

<b>Symmetric Measures</b>			
		Value	Approximate Significance
Nominal by Nominal	Contingency Coefficient	,065	,535
N of Valid Cases		90	

Risk Estimate			
	Value	95% Confidence Interval	
		Lower	Upper
Odds Ratio for TKP Kategori (TINGGI / CUKUP)	1,474	,431	5,044
For cohort IMT menurut umur = GIZI LEBIH	1,231	,609	2,487
For cohort IMT menurut umur = GIZI NORMAL	,835	,492	1,418
N of Valid Cases	90		

### TINGKAT KECUKUPAN LEMAK \* IMT/U

Crosstab					
			IMT menurut umur		Total
			GIZI LEBIH	GIZI NORMAL	
TKL Kategori	TINGGI	Count	36	22	58
		% within TKL Kategori	62,1%	37,9%	100,0%
	CUKUP	Count	9	23	32
		% within TKL Kategori	28,1%	71,9%	100,0%
Total		Count	45	45	90
		% within TKL Kategori	50,0%	50,0%	100,0%

Chi-Square Tests					
	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	9,504 <sup>a</sup>	1	,002		
Continuity Correction <sup>b</sup>	8,195	1	,004		
Likelihood Ratio	9,750	1	,002		
Fisher's Exact Test				,004	,002
Linear-by-Linear Association	9,399	1	,002		
N of Valid Cases	90				
a. 0 cells (,0%) have expected count less than 5. The minimum expected count is 16,00.					
b. Computed only for a 2x2 table					

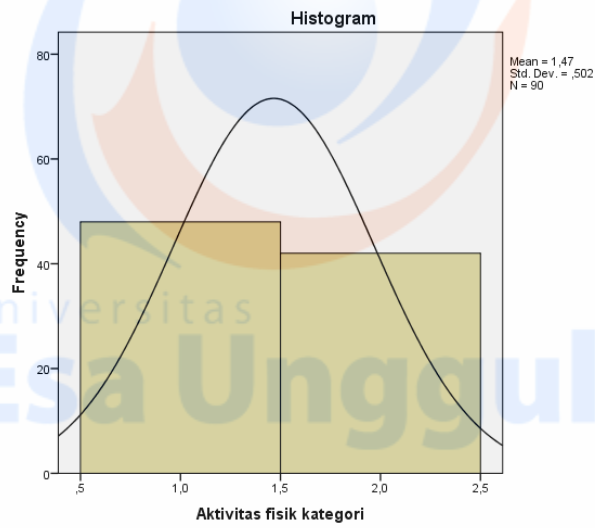
Symmetric Measures			
		Value	Approximate Significance
Nominal by Nominal	Contingency Coefficient	,309	,002
N of Valid Cases		90	

Risk Estimate				
		Value	95% Confidence Interval	
			Lower	Upper
Odds Ratio for TKL Kategori (TINGGI / CUKUP)		4,182	1,641	10,657
For cohort IMT menurut umur = GIZI LEBIH		2,207	1,224	3,978
For cohort IMT menurut umur = GIZI NORMAL		,528	,356	,783
N of Valid Cases		90		

### AKTIVITAS FISIK

Statistics		
Aktivitas fisik kategori		
N	Valid	90
	Missing	0
Mean		1,47
Std. Error of Mean		,053
Median		1,00
Mode		1
Std. Deviation		,502
Variance		,252
Range		1
Minimum		1
Maximum		2
Sum		132

Aktivitas fisik kategori					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Rendah	48	53,3	53,3	53,3
	Tinggi	42	46,7	46,7	100,0
	Total	90	100,0	100,0	



Case Processing Summary						
	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Aktivitas fisik kategori * IMT menurut umur	90	100,0%	0	0,0%	90	100,0%

Aktivitas fisik kategori * IMT menurut umur Crosstabulation					
		IMT menurut umur		Total	
		GIZI LEBIH	GIZI NORMAL		
Aktivitas fisik kategori	Rendah	Count	30	18	48
		% within Aktivitas fisik kategori	62,5%	37,5%	100,0%
	Tinggi	Count	15	27	42
		% within Aktivitas fisik kategori	35,7%	64,3%	100,0%
Total		Count	45	45	90
		% within Aktivitas fisik kategori	50,0%	50,0%	100,0%

Chi-Square Tests					
	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	6,429 <sup>a</sup>	1	,011		
Continuity Correction <sup>b</sup>	5,402	1	,020		
Likelihood Ratio	6,509	1	,011		
Fisher's Exact Test				,020	,010
Linear-by-Linear Association	6,357	1	,012		
N of Valid Cases	90				
a. 0 cells (,0%) have expected count less than 5. The minimum expected count is 21,00.					
b. Computed only for a 2x2 table					

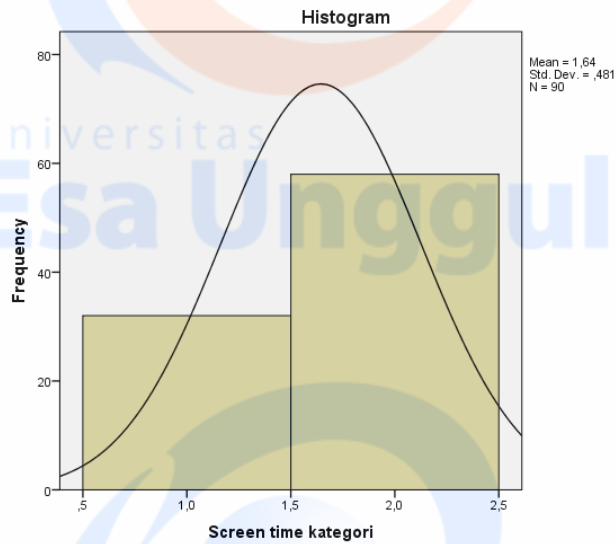
Symmetric Measures			
		Value	Approximate Significance
Nominal by Nominal	Contingency Coefficient	,258	,011
N of Valid Cases		90	

Risk Estimate			
	Value	95% Confidence Interval	
		Lower	Upper
Odds Ratio for Aktivitas fisik kategori (Rendah / Tinggi)	3,000	1,269	7,090
For cohort IMT menurut umur = GIZI LEBIH	1,750	1,103	2,775
For cohort IMT menurut umur = GIZI NORMAL	,583	,380	,896
N of Valid Cases		90	

**SCREEN TIME**

Statistics		
Screen time kategori		
N	Valid	90
	Missing	0
Mean		1,64
Std. Error of Mean		,051
Median		2,00
Mode		2
Std. Deviation		,481
Variance		,232
Range		1
Minimum		1
Sum		148

Screen time kategori					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	HIGH	32	35,6	35,6	35,6
	LOW	58	64,4	64,4	100,0
	Total	90	100,0	100,0	



Case Processing Summary						
	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Screen time kategori * IMT menurut umur	90	100,0%	0	0,0%	90	100,0%

Screen time kategori * IMT menurut umur Crosstabulation					
			IMT menurut umur		Total
			GIZI LEBIH	GIZI NORMAL	
Screen time kategori	HIGH	Count	24	8	32
		% within Screen time kategori	75,0%	25,0%	100,0%
	LOW	Count	21	37	58
		% within Screen time kategori	36,2%	63,8%	100,0%
Total	Count	45	45	90	
	% within Screen time kategori	50,0%	50,0%	100,0%	

Chi-Square Tests					
	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	12,414 <sup>a</sup>	1	,000		
Continuity Correction <sup>b</sup>	10,911	1	,001		
Likelihood Ratio	12,844	1	,000		
Fisher's Exact Test				,001	,000
Linear-by-Linear Association	12,276	1	,000		
N of Valid Cases	90				
a. 0 cells (,0%) have expected count less than 5. The minimum expected count is 16,00.					
b. Computed only for a 2x2 table					



<b>Symmetric Measures</b>			
		Value	Approximate Significance
Nominal by Nominal	Contingency Coefficient	,348	,000
N of Valid Cases		90	

<b>Risk Estimate</b>			
	Value	95% Confidence Interval	
		Lower	Upper
Odds Ratio for Screen time kategori (HIGH / LOW)	5,286	2,018	13,843
For cohort IMT menurut umur = GIZI LEBIH	2,071	1,394	3,077
For cohort IMT menurut umur = GIZI NORMAL	,392	,209	,736
N of Valid Cases		90	