

ABSTRAK

Judul : Perbedaan Pola Makan, Kualitas Konsumsi Pangan, Aktivitas Fisik, Pola tidur dan Status Gizi Remaja SMP dengan Program *Full Day School* dan *Non Full Day School* Di Jakarta Barat Tahun 2018.
Nama : Noesy Marlinda
Program Studi : Gizi

VI Bab, 91 Halaman, 13 Tabel, 2 Gambar, 10 Lampiran

Latar Belakang: Perbedaan yang paling mendasar pada siswa yang sekolah dengan sistem *full day school* dan *non full day school* yaitu pola makan, aktifitas fisik dan pola tidur. Ketidakseimbangan antara makanan yang dikonsumsi, kualitas konsumsi pangan yang buruk, aktifitas fisik yang rendah, pola tidur yang buruk dan status gizi yang tidak baik dengan kebutuhan pada remaja akan menimbulkan masalah kesehatan, mengalami pertumbuhan tidak normal (pendek), tingkat kecerdasan rendah, produktivitas rendah dan terhambatnya organ reproduksi.

Tujuan: Mengetahui perbedaan pola makan, kualitas konsumsi pangan, aktifitas fisik, pola tidur dan status gizi pada remaja SMP dengan program *full day school* dan *non full day school* di Jakarta Barat tahun 2018.

Metode: Penelitian ini menggunakan desain *Cross Sectional* dengan teknik pengambilan sampel *proportionate stratified random sampling*. Analisis data menggunakan uji *spearman rank* dan *mann whitney*.

Hasil: Separuh responden berusia 13 tahun (52%) dan berjenis kelamin perempuan (54%). Tidak ada hubungan pola makan dengan program *full day school* dan *non full day school* ($p > 0.05$), ada perbedaan densitas energi dengan program *full day school* dan *non full day school* ($p 0.028$), ada perbedaan densitas asupan zat gizi (protein) dengan program *full day school* dan *non full day school* ($p 0.009$), ada perbedaan densitas asupan zat gizi (kalsium) dengan program *full day school* dan *non full day school* ($p 0.000$), ada perbedaan densitas asupan zat gizi (Fe) dengan program *full day school* dan *non full day school* ($p 0.001$), tidak ada perbedaan aktifitas fisik dengan program *full day school* dan *non full day school* ($p 0.506$). tidak ada perbedaan pola tidur dengan program *full day school* dan *non full day school* ($p 0.842$), tidak ada hubungan status gizi dengan program *full day school* dan *non full day school* ($p 0.935$).

Kesimpulan: Tidak terdapat hubungan pada pola makan, status gizi dan tidak terdapat perbedaan pada kualitas konsumsi pangan, aktifitas fisik dan pola tidur berdasarkan program *full day school* dan *non full day school* pada remaja.

Kata Kunci: Aktifitas fisik, Kualitas Konsumsi Pangan, Pola Makan, Pola tidur dan Status Gizi.

Daftar Bacaan: 74 (2002-2016)

ABSTRACK

Title : Differences In Diet, Quality Of Food Consumption, Physical Activity, Sleep Patterns And Nutritional Status In Junior High School Students With Full Day School And Non Full Day School Programs In West Jakarta In 2018

Name : Noesy Marlinda

Study Program : Nutrition

VI Chapter, 91 Pages, 13 Tables, 2 Picture, 10 Attachment

Background: The most fundamental difference for students with full day school and non full day school systems is diet, physical activity and sleep patterns. The imbalance between the food consumed, the poor quality of food consumption, low physical activity, poor sleep patterns and nutritional status that is not good with the needs of adolescents will cause health problems, experience abnormal growth (short), low intelligence level, low productivity and inhibition of reproductive organs.

Objective: To know the various diets, quality of food consumption, physical activity, bed and nutritional status in junior high school students with full day school and non full day school programs in West Jakarta in 2018

Method: This study uses Cross Sectional design with proportionate stratified random sampling technique. Data analysis used Spearman Rank and Mann Whitney test.

Results: Half of the respondents were 13 years old (52%) and female (54%). There is no relationship between diet with full day school and non full day school programs ($p > 0.05$), there are differences in energy density with full day school and non full day school programs ($p 0.028$), there are differences in the density of nutrient intake (protein) with full day school and non full day school programs ($p 0.009$), there is a difference in the density of substance intake nutrition (calcium) with full day school and non full day school programs ($p 0,000$), there is a difference in density the issue of nutrient intake (Fe) with full day school programs and non full day school programs ($p 0.001$), there was no difference in physical activity with full day school and non full day school programs ($p 0.506$). there was no difference in sleep patterns with full day school and non full day school programs ($p. 0842$), there was no correlation between nutritional status and full day school and non full day school programs ($p. 935$).

Conclusion: There was no relationship on diet, nutritional status and there was no difference in the quality of food consumption, physical activity and sleep patterns based on full day school programs and non full day school in adolescents.

Keywords : Physical Activity, Quality of Food Consumption, Diet, Sleep Patterns and Nutritional Status

Reading list: 74 (2002-2016).