

ABSTRAK



HUBUNGAN PERILAKU MAKAN, KEBIASAAN SARAPAN, PENGETAHUAN GIZI DENGAN STATUS GIZI PADA REMAJA SMA DI JAKARTA
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BAB VI, 103 HALAMAN, 18 TABEL, 2 GAMBAR, 10 LAMPIRAN

Latar Belakang: Remaja termasuk kelompok yang rentan mengalami berbagai masalah gizi seperti gizi kurang maupun gizi lebih. Perubahan pada remaja cenderung akan menimbulkan berbagai permasalahan dan perilaku di kehidupan remaja baik dari perilaku makan, kebiasaan sarapan dan juga perubahan kebiasaan tersebut salah satunya diakibatkan oleh pengetahuan gizi yang berdampak pada perubahan status gizi yang tidak normal.

Tujuan : Mengetahui ada hubungan antara perilaku makan, kebiasaan sarapan, pengetahuan gizi dengan status gizi pada remaja SMA di Jakarta.

Metode Penelitian : Desain penelitian ini *cross sectional*. Jumlah populasi pada penelitian sebanyak 2500 remaja SMA di Jakarta dan sampel penelitian ini adalah 212 orang. Teknik pengambilan sampel dengan *Stratified Random Sampling*. Pengambilan data dilakukan dengan menggunakan kuesioner perilaku makan kebiasaan sarapan, pengetahuan gizi dan status gizi ditentukan berdasarkan pengukuran IMT/U. Uji statistik yang digunakan adalah *chi-square*.

Hasil Penelitian : Dari hasil penelitian, sebagian besar responden yang memiliki status gizi normal sebanyak 119 orang (56,1%). Remaja dengan perilaku makan baik sebanyak 137 orang (64,6%). Remaja dengan kebiasaan sarapan baik sebanyak 158 orang (74,5%). Remaja dengan pengetahuan gizi kurang sebanyak 118 orang (55,7%). Terdapat hubungan antara perilaku makan (*p value* = 0,001, nilai OR = 0,351), kebiasaan sarapan (*p value* = 0,030, nilai OR = 2,087), pengetahuan gizi (*p value* = 0,043, nilai OR = 0,546) dengan status gizi remaja SMA di Jakarta.

Kesimpulan : Faktor yang paling mempengaruhi status gizi adalah kebiasaan sarapan dibandingkan perilaku makan dan pengetahuan gizi. Bagi remaja di Jakarta diharapkan untuk lebih meningkatkan pengetahuan agar dapat menerapkan konsumsi makanan sehat dan memenuhi gizi seimbang, serta memiliki kebiasaan sarapan yang baik agar status gizi normal.

Kata Kunci : Perilaku makan, kebiasaan sarapan, pengetahuan gizi, status gizi.

Daftar Bacaan : 74 (1990-2019).

ABSTRACT



**THE RELATIONSHIP OF EATING BEHAVIOR,
BREAKFAST HABITS, NUTRITIONAL KNOWLEDGE
WITH NUTRITIONAL STATUS IN HIGH SCHOOL
ADOLESCENTS IN JAKARTA**
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CHAPTER VI, 103 PAGE, 18 TABLES, 2 PICTURES, 10 ATTACHMENT

Background: Adolescents including groups that are vulnerable to various nutritional problems such as undernutrition and over nutrition. Changes in adolescents tend to cause various problems and behaviors in adolescents' lives both from eating behavior, breakfast habits and also changes in habits, one of which is caused by nutritional knowledge that impacts on changes in nutritional status that is not normal.

Purpose: To know there is a relationship between eating behavior, breakfast habits, nutritional knowledge with nutritional status in high school adolescents in Jakarta.

Research methods: The design of this study was cross sectional. The population in the study was 2500 high school adolescents in Jakarta and the sample of this study was 212 people. The sampling technique is Stratified Random Sampling. Data was collected using a questionnaire of eating habits breakfast habits, nutritional knowledge and nutritional status were determined based on measurements of BMI / U. The statistical test used is chi-square.

Research result : From the results of the study, the majority of respondents who had normal nutritional status were 119 people (56.1%). Adolescents with good eating behavior were 137 people (64.6%). Teenagers with good breakfast habits were 158 people (74.5%). Teenagers with poor nutrition knowledge were 118 people (55.7%). There is a relationship between eating behavior (p value = 0.001, OR value = 0.351), breakfast habits (p value = 0.030, OR value = 2.087), nutritional knowledge (p value = 0.043, OR value = 0.546) with the nutritional status of high school adolescents at Jakarta.

Conclusion: The factors that most influence nutritional status are breakfast habits compared to eating behavior and nutritional knowledge. For adolescents in Jakarta, it is expected to further enhance their knowledge in order to be able to apply healthy food consumption and fulfill balanced nutrition, as well as having good breakfast habits so that nutritional status is normal.

Keywords: Eating behavior, breakfast habits, nutritional knowledge, nutritional status.

Reading list : 74 (1990-2019).