

## ABSTRACT



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### **THE DIFFERENCE OF MAKRO (KH,P,L) AND MICRO (Ca,Mg,Fe) NUTRITION INTAKE BASED ON NUTRITIONAL STATUS AND THE MENSTRUAL CYCLE IN ADOLESCENT GIRLS IN JUNIOR HIGH SCHOOL GATRA KOHOD VILLAGE, TANGERANG REGENCY.**

This purpose of this research is to know the differences in the intake of macro and micro nutrients based on nutritional status and menstrual cycle in adolescent girls at SMP Gatra. This analytic observational study with cross sectional design was conducted at SMP Gatra, Kohod Village. The difference test in this study used the Independent T-test and the Mann Whitney U test. The results of the test for differences in carbohydrate intake based on normal and abnormal nutritional status were  $p$  0.037, protein intake was obtained  $p$  0.177, fat intake was obtained  $p$  0.030, calcium intake was obtained  $p$  0.024, intake magnesium got  $p$  0.080, and iron intake got  $p$  0.269. The test results for differences in carbohydrate intake based on normal and abnormal menstrual cycles were  $p$  0.057, protein intake was  $p$  0.190, fat intake was  $p$  0.452, calcium intake was  $p$  0.861, magnesium intake was  $p$  0.0624, and iron intake was  $p$  0.890. Based on the results of the difference test, the intake of carbohydrates, fat and calcium based on normal and abnormal nutritional status had a value of  $p < 0.05$ , meaning that there were differences in carbohydrate, fat and calcium intake based on normal and abnormal nutritional status. The test results for differences in protein, magnesium and iron intake based on normal and abnormal nutritional status had a  $p$  value  $> 0.05$ , meaning that there was no difference in protein, magnesium and iron intake based on normal and abnormal nutritional status. The test results for differences in macro and micro intake based on normal and abnormal menstrual cycles have a  $p$  value  $> 0.05$ , meaning that there is no difference in intake of macro and micro nutrients based on normal and abnormal menstrual cycles. For further research, it is suggested to research adolescent nutritional knowledge about the importance of breakfast, the importance of eating vegetables and fruit and the selection of nutritious foods according to balanced nutrition guidelines.

Keywords: Macro nutrient intake, Micro nutrient intake, Nutritional Status, Mentrual Cycle.

## ABSTRAK



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### **PERBEDAAN ASUPAN ZAT GIZI MAKRO (KH,P,L) DAN MIKRO (Ca,Mg,Fe) BERDASARKAN STATUS GIZI DAN SIKLUS MENSTRUASI PADA REMAJA PUTRI DI SMP GATRA DESA KOHOD KABUPATEN TANGERANG.**

Penelitian ini bertujuan untuk mengetahui perbedaan asupan zat gizi makro dan mikro berdasarkan status gizi dan siklus menstruasi pada remaja putri di SMP Gatra. Penelitian Observasional analitik dengan desain *cross sectional* ini dilakukan di SMP Gatra Desa Kohod. Uji perbedaan penelitian ini menggunakan uji *T-test Independent* dan *Mann Whitney U*. Hasil Uji perbedaan asupan karbohidrat berdasarkan status gizi normal dan tidak normal didapatkan  $p$  0.037, asupan protein didapatkan  $p$  0.177, asupan lemak didapatkan  $p$  0.030, asupan kalsium didapatkan  $p$  0.024, asupan magnesium didapatkan  $p$  0.080, dan asupan zat besi didapatkan  $p$  0.269. Hasil uji perbedaan asupan karbohidrat berdasarkan siklus menstruasi normal dan tidak normal didapatkan  $p$  0.057, asupan protein didapatkan  $p$  0.190, asupan lemak didapatkan  $p$  0.452, asupan kalsium didapatkan  $p$  0.861, asupan magnesium didapatkan  $p$  0.0624, dan asupan zat besi didapatkan  $p$  0.890. Berdasarkan hasil uji perbedaan tersebut asupan karbohidrat, lemak dan kalsium berdasarkan status gizi normal dan tidak normal memiliki nilai  $p < 0.05$ , artinya ada perbedaan asupan karbohidrat, lemak dan kalsium berdasarkan status gizi normal dan tidak normal. Hasil uji perbedaan asupan protein, magnesium dan zat besi berdasarkan status gizi normal dan tidak normal memiliki nilai  $p > 0.05$ , artinya tidak ada perbedaan asupan protein, magnesium dan zat besi berdasarkan status gizi normal dan tidak normal. Hasil uji perbedaan asupan makro dan mikro berdasarkan siklus menstruasi normal dan tidak normal memiliki nilai  $p > 0.05$ , artinya tidak ada perbedaan asupan asupan zat gizi makro dan mikro berdasarkan siklus menstruasi normal dan tidak normal. Untuk Penelitian selanjutnya disarankan dapat meneliti pengetahuan gizi remaja tentang pentingnya sarapan, pentingnya makan sayur dan buah serta pemilihan makanan yang bergizi sesuai pedoman gizi seimbang.

Kata kunci : Asupan zat gizi makro, Asupan zat gizi mikro, Status Gizi, Siklus Menstruasi.