

# Hubungan antara asupan gizi makro, aktivitas fisik, dan faktor-faktor lainnya dengan overweight pada Siswa SMPN 68 Jakarta Tahun 2013 =Relationship between macronutrient intake, physical activity, and other factors with overweight to Students of 68 Junior High School Jakarta 2013

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## Abstrak

Overweight tidak hanya menjadi masalah di negara maju, tetapi juga di negara berkembang padahal overweight dapat menyebabkan terjadinya diabetes di kemudian hari. Menurut Riskesdas 2010, prevalensi overweight di Indonesia pada anak usia 13-15 tahun sebesar 2,5%. Asupan gizi makro memiliki pengaruh yang cukup besar dalam terjadinya overweight.

Penelitian ini bertujuan untuk mengetahui hubungan asupan gizi makro, aktivitas fisik, jenis kelamin, frekuensi konsumsi fast food, dan durasi tidur dengan overweight pada siswa SMPN 68 Jakarta tahun 2013. Penelitian ini merupakan penelitian kuantitatif dengan desain studi potong lintang. Subjek penelitian ini adalah sebanyak 99 responden yang terdiri dari siswa-siswi kelas 7 dan 8. Mereka dipilih dengan metode multi stage random sampling. Data penelitian diperoleh dari pengukuran antropometri berat badan dan tinggi badan, food recall untuk asupan makanan, food frequency questionnaire untuk frekuensi konsumsi fast food, dan kuesioner untuk aktivitas fisik serta durasi tidur.

Hasil penelitian ini adalah sebanyak 35,4% responden mengalami overweight dan hasil bivariat yang menggunakan uji chi square menunjukkan hubungan yang bermakna antara asupan energi, asupan karbohidrat, asupan protein, dan asupan lemak dengan overweight. Perlu diberikan edukasi kepada siswa mengenai makanan yang dikonsumsi harus bergizi seimbang.

.....Overweight was not only become problem in developed country, but also in developing country whereas overweight can lead to diabetes later. Based on Riskesdas 2010, prevalence of overweight in Indonesia at the age of 13 – 15 years old is 2,5%. Macronutrient intake had a very important role in the process of overweight.

This research objectively investigated relationship between macronutrient intake, physical activity, gender, fast food consumption frequency, and sleep duration with overweight on junior high school students of 68 junior high school Jakarta 2013.

This research was a quantitative study with cross sectional study. Subjects for this research are 99 of 7th and 8th grade students. They were selected by multi stage random sampling method. The data of this research were obtained by antropometri measurement of weight and height, food recall for food intake, food frequency questionnaire for frequency of fast food consumption, and questionnaire for physical activity and sleep duration.

Based from the results, 35,4% respondents had overweight and from analyzes data by chi square test, there was significant relationship between energy intake, carbohydrate intake, protein intake, and fat intake with overweight. It is important to give education to students about the food that they eat should have good nutrition.