

## Faktor faktor yang berhubungan dengan status nutrisi pada siswa SMA Negeri 3 Tangerang = Factors associated with nutritional status of students in SMA Negeri 3 Tangerang

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### Abstrak

Masalah status nutrisi pada remaja menjadi perhatian di beberapa negara. Banyak faktor yang berhubungan dengan status nutrisi mereka. Penelitian ini bertujuan mengetahui faktor-faktor yang berhubungan dengan status nutrisi pada remaja.

Desain penelitian yang digunakan yaitu deskriptif korelatif dengan pendekatan cross-sectional, melibatkan 98 siswa SMA di Tangerang yang dipilih dengan teknik cluster sampling.

Hasil penelitian menunjukkan bahwa terdapat hubungan yang bermakna antara persepsi bentuk tubuh dan status nutrisi ( $p < 0.001$ ; OR = 16.762; 95% CI = 3.435 - 81.804) serta didapatkan 9.2% berstatus nutrisi lebih dan 4.1% obesitas. Diharapkan pihak sekolah dan perawat dapat bekerja sama untuk mengadakan program pendidikan kesehatan.

.....Issues about nutritional status of adolescents got attention in several countries. There were several factors that associated with their nutritional status. The purpose of this study was to determine factors that associated with nutritional status of adolescents.

Design of study that used was descriptive correlative with cross-sectional approach, involved 98 senior high school's students in Tangerang who selected with cluster sampling technique.

The result showed that there is a significant relationship between perception of body shape and nutritional status ( $p < 0.001$ ; OR = 16.762; 95% CI = 3.435 - 81.804) and 9.2% of students had excessive nutritional status and 4.1% was obesity. School and nurse expected to work together to held health education program.