

Hubungan status gizi remaja dan asupan energi harian perempuan usia 13-15 tahun di Jakarta = Relationship nutritional status and daily energy intake of adolescent girls aged 13-15 years in Jakarta

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Abstrak

Masalah gizi ganda kini melanda Indonesia khususnya remaja putri. Menurut Riskesdas 2013, terjadi peningkatan prevalensi status gizi lebih bersamaan dengan gizi kurang. Status gizi lebih pada remaja putri akan menimbulkan risiko penyakit yang membahayakan saat wanita mengandung. Faktor yang mempengaruhi status gizi adalah asupan energi harian dan zat makronutrien(karbohidrat, protein, lemak). Penelitian bertujuan untuk mengetahui hubungan antara status gizi dengan asupan energi dan zat makronutrien(karbohidrat, protein, lemak) remaja putri usia 13-15 tahun di Jakarta.

Penelitian menggunakan desain cross-sectional dengan responden 110 siswa perempuan berusia 13-15 tahun dari lima SMP di Jakarta. Data status gizi diperoleh melalui antropometri yang diplot pada Z-Score. Data asupan energi dan makronutrien diperoleh melalui FFQ.

Hasil penelitian menunjukkan bahwa prevalensi gizi lebih sebesar 22,8% melebihi hasil riskesdas 2013 sebesar 10,8%. Presentase asupan energi harian(76,2%), karbohidrat(77,5%), protein(67,9%) dan lemak(77,8%) kurang dari anjuran Angka Kecukupan Gizi(100% AKG). Adapun gambaran proporsi pola konsumsi makronutrien yang tertinggi adalah lemak(25,15%), kemudian karbohidrat(19,1%) dan protein(14,5%). Menurut analisis yang dilakukan untuk mengetahui hubungan kedua variabel melalui uji Fisher dan Chi-square diperoleh hasil $p > 0,05$.

Dari hasil analisis statistik, disimpulkan bahwa tidak terdapat hubungan antara status gizi dengan asupan energi harian dan makronutrien pada remaja putri usia 13-15 tahun.

.....Double nutritional problem is now happening in Indonesia, especially in female adolescents. According to Riskesdas 2013, there has been an increase in the prevalence of overweight and obesity that coincides with nutritional deficiencies. Overweight and obesity in young women will lead to the risk of various dangerous diseases when they are pregnant. One of the factors that affect to nutritional status is daily energy intake that includes macronutrient substances.

This study was conducted to determine the relationship between nutritional status with daily energy intake. This research that used cross-sectional design with 110 female students aged 13-15 years from five junior high schools located in Jakarta. Nutritional status data was obtained through measurement of anthropometry which then is plotted on Z-Score. Data on energy intake and macronutrient was obtained by FFQ method.

The results showed that the prevalence of overweight(22,8%) was higher than the result of riskesdas 2013(10,8%). The percentage of daily energy intake(76.2%), carbohydrate(77.5%), protein(67.9%), and fat(77.8%) was less than the recommendation of AKG. The most prevalent intake of macronutrient exceeding AKG was fat(25.15%), followed by carbohydrate(19.1%), and protein(14.5%). According to the statistic analysis used Fisher and Chi-square test, the result showed that $p > 0,05$.

From the statistical analysis, it is concluded that there is no correlation between nutritional status with daily and macronutrient energy intake in girls aged 13-15 years.