

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PROGRAM STUDI D III GIZI**

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**GAMBARAN ASUPAN ZAT GIZI DAN STATUS GIZI SANTRIWATI PONDOK
PESANTREN TAHFIZH DARUL QURAN**

Xii, 28 Halaman, 1 Gambar, 9 Tabel , 4 Lampiran

INTISARI

Ketidakseimbangan antara makanan yang dikonsumsi dengan kebutuhan pada remaja akan menimbulkan masalah gizi kurang atau gizi lebih. Status gizi baik atau status gizi optimal terjadi apabila tubuh mendapat asupan zat gizi yang cukup. Tujuan penelitian ini untuk mengetahui gambaran asupan zat gizi dan status gizi santriwati pondok pesantren tahfizh darul quran.

Penelitian ini merupakan penelitian *deskriptif*. Penelitian ini dilakukan di pondok pesantren tahfizh darul quran dengan populasi sebesar 50 orang dan jumlah sampel sebesar 50 orang dengan usia 13-15 tahun. Teknik pengambilan sampel menggunakan *total sampling*. Data diperoleh melalui *food recall* pada bulan mei 2021.

Hasil penelitian asupan zat gizi, diketahui bahwa 80% santri dengan asupan energi cukup, 48% santri dengan asupan protein cukup, 84% santri dengan asupan lemak lebih, 100% santri dengan asupan karbohidrat kurang, dan diketahui 76% santri memiliki status gizi baik.

Bagi peneliti lain, disarankan untuk dapat meneliti mengenai hubungan asupan zat gizi terhadap status gizi santriwati pondok pesantren.

Kata Kunci : Asupan Zat Gizi, Status Gizi, Santriwati

Referensi : 23 Referensi (2012-2020)

**MINISTRI OF HEALTH, REPUBLIC OF INDONESIA
POLYTECHNIC HEALTH, RIAU
PROGRAM STUDY D III NUTRITION**

FINAL PROJECT, MAY 2021

ASRIYAH SAL SABILAH RAMBE

**OVERVIEW OF NUTRIENT INTAKE AND NUTRITIONAL STATUS OF FEMALE
STUDENTS AT TAHFIZH ISLAMIC BOARDING SCHOOL DARUL QURAN**

Xii, 28 Page, 1 Picture , 9 Table , 4 Appendicens

ABSTRACT

The imbalance between the food intake and the nutritional needs of adolescents will lead to undernutrition or overnutrition problems. Good nutritional status occurs when the body gets an adequate intake of nutrients. The purpose of this study was to describe the nutritional intake and nutritional status of female students at the Tahfizh Darul Quran Islamic Boarding School.

This study is descriptive conducted at the Tahfizh Darul Quran Islamic Boarding School. The sampling technique used was total sampling with a sample size of 50 people aged 13-15 years. The data was obtained through a food recall in May 2021.

The results of the study on nutrient intake showed that 80% of the students had sufficient energy intake, 48% of the students had sufficient protein intake, 84% of the students had more fat intake, 100% of the students had less carbohydrate intake, and 76% of the students had good nutritional status.

For other researchers, it is recommended to be able to examine the relationship between nutrient intake and the nutritional status of Islamic boarding school students.

Keywords : Nutrient Intake, Nutritional Status, Students
Reference :23 Reference (2012-2020)