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**HUBUNGAN KERAGAMAN KONSUMSI PANGAN DAN STATUS GIZI
PADA REMAJA DI SMA NEGERI 5 PEKANBARU
(xiii + 50 halaman, 10 tabel, 4 gambar, 6 lampiran)**

ABSTRAK

Remaja di Indonesia dihadapkan pada tiga beban malnutrisi diantaranya, gizi kurang, gizi lebih, dan kekurangan zat gizi mikro. Keragaman konsumsi pangan akan menjamin kecukupan zat gizi dapat terpenuhi dengan baik. Studi menunjukkan bahwa keragaman pangan berasosiasi terhadap status gizi remaja. Tujuan penelitian ini adalah untuk mengetahui hubungan keragaman konsumsi pangan dengan status gizi pada remaja di SMA Negeri 5 Pekanbaru. Jenis penelitian merupakan deskriptif-analitik dengan desain *cross-sectional*. Penelitian dilaksanakan di SMA Negeri 5 Pekanbaru pada Mei 2022. Populasi penelitian adalah remaja kelas X sebanyak 443 orang. Teknik sampling yang digunakan merupakan *proportionated random sampling* dan terpilih 82 orang sampel. Pengambilan data dilakukan dengan pengukuran antropometri IMT/U dan *food recall* 1x24 jam untuk pengisian formulir IDDS. Analisa data dilakukan secara univariat dan bivariat. Hasil penelitian menunjukkan bahwa 59,8% (49 orang) remaja memiliki status gizi baik. Keragaman konsumsi pangan remaja terbanyak pada Keragaman Sedang sebesar 63,4% (52 orang). Tidak terdapat hubungan yang signifikan antara keragaman konsumsi pangan dengan status gizi pada remaja. Diharapkan sekolah dapat membantu peningkatan keragaman pangan dengan edukasi gizi dan menjamin ketersediaan pangan beragam di lingkungan sekolah. Serta penelitian selanjutnya dapat menggambarkan pola keragaman pangan remaja secara kuantitas dan kualitas.

Referensi : 40 (2010 – 2021)

Kata kunci : keragaman konsumsi pangan, remaja, status gizi.

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**THE RELATIONSHIP OF FOOD CONSUMPTION DIVERSITY AND
NUTRITIONAL STATUS IN ADOLESCENTS AT SMA NEGERI 5
PEKANBARU**

(xiii + 50 pages, 10 tables, 4 images, 6 appendices)

ABSTRACT

Adolescents in Indonesia are facing triple burden malnutrition, namely undernutrition, overnutrition, and micronutrient deficiency. Diversity of food consumption will ensure the body's nutritional needs fulfilled properly. Studies showed that diversity dietary is associated with nutritional status in adolescent. The purpose of study is to describe the relationship of food consumption diversity and nutritional status in adolescents at SMA Negeri 5 Pekanbaru. Type of this research is a descriptive-analitic with a cross-sectional design. The research was conducted at SMA Negeri 5 Pekanbaru in May 2022. The population is 443 people of adolescents in 10th grade. Sampling technique used is proportionated random sampling and 82 sample respondents was chosen. The data are obtained by anthropometric measurement of BMI-for-age and food recall 24-hour to fill out IDDS form. Analysis of data is done in univariate and bivariate. The results showed that 59,8% (49 people) adolescents have nutritional status in normal. Most of food consumption diversity in adolescents are found in Medium Dietary Diversity for 63,4% (52 people). There is no significant relation between food consumption diversity and nutritional status in adolescents. It is hoped that school can help increase the diversity of consumption through nutrition education and ensure the availability of diverse foods in the school surrounding. Also, further research can describe the pattern of food diversity in adolescent within quantity and quality.

Reference(s) : 40 (2010 – 2021)

Keyword(s) : food consumption diversity, adolescents, nutritional status.