

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

**TUGAS AKHIR, JUNI 2022**

**ANNISA ALIFYA RIZAL**

**HUBUNGAN ASUPAN ZAT GIZI MAKRO DAN AKTIFITAS FISIK  
DENGAN STATUS GIZI PADA ANAK DI SDN 13 MANDAU KOTA DURI**

xi +54 halaman, +9 tabel, +2 gambar, +6 lampiran

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**ABSTRAK**

Status gizi adalah gambaran yang berasal dari keseimbangan jumlah asupan makanan dan kebutuhan gizi. Status gizi dipengaruhi oleh asupan makan sehari-hari. Selain itu secara tidak langsung dipengaruhi oleh aktifitas fisik. Penelitian ini bertujuan untuk mengetahui hubungan asupan zat gizi makro dan aktifitas fisik dengan status gizi pada anak di SDN 13 Mandau Kota Duri. Jenis penelitian ini adalah cross sectional. Penelitian ini dilaksanakan pada bulan Juni 2022. Populasi dalam penelitian ini adalah seluruh siswa kelas 4-6 SDN 13 Mandau Kota Duri. Sampel yang didapatkan pada penelitian ini berjumlah 46 siswa. Teknik yang dilakukan adalah teknik Accidental Sampling. Data dikumpulkan dengan cara pengukuran antropometri (BB dan TB) secara langsung, menggunakan kuesioner food recall 1 x 24 jam dengan metode wawancara, kuesioner IPAQ. Teknik analisa yang digunakan yaitu analisis univariat dan analisis bivariat. Analisis univariat menunjukkan bahwa sebagian besar responden berjenis kelamin laki-laki sebanyak 54.3%. Asupan energi dalam kategori kurang sebanyak 41,3 %. Pada protein menunjukkan responden mempunyai protein cukup sebanyak 67.4 %. Asupan lemak menunjukkan responden dalam kategori kurang sebanyak 39.1 %. Asupan karbohidrat menunjukkan responden dalam kategori kurang sebanyak 21.7%. Pada aktifitas fisik siswa SDN 13 Mandau Kota Duri dalam kategori sedang sebanyak 52.2% dan aktifitas dalam kategori ringan sebanyak 47.8%. Status gizi berdasarkan IMT/U dalam kategori kurus sebanyak 41.3%, gemuk sebanyak 13.0% dan obesitas sebanyak 2.2%. Analisis bivariat menunjukkan adanya hubungan asupan zat gizi makro dan aktifitas fisik dengan status gizi responden.

**Kata kunci : Status Gizi, Asupan Zat Gizi Makro, Aktifitas Fisik**

**Daftar Pustaka: 24 (2003-2021)**

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**ANNISA ALIFYA RIZAL**

**THE RELATIONSHIP BETWEEN MACRONUTRIENT INTAKE AND  
PHYSICAL ACTIVITY WITH NUTRITIONAL STATUS IN CHILDREN  
AT SDN 13 MANDAU, DURI CITY**

54 pages, +9 tables, +2 picture, +6 attachment

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**ABSTRACT**

*Nutritional status is a picture that comes from the balance of the amount of food intake and nutritional needs. Nutritional status is influenced by daily food intake. In addition, it is indirectly influenced by physical activity. This study aims to determine the relationship between macronutrient intake and physical activity with nutritional status in children at SDN 13 Mandau, Duri City. This type of research is cross sectional. This research was conducted in June 2022. The population in this study were all students in grades 4-6 at SDN 13 Mandau, Duri City. The sample obtained in this study amounted to 46 students. The technique used is the Accidental Sampling technique. Data were collected by means of anthropometric measurements (BB and TB) directly, using a food recall questionnaire 1 x 24 hours with the interview method, the IPAQ questionnaire. The analysis technique used is univariate analysis and bivariate analysis. Univariate analysis showed that most of the respondents were male as much as 54.3%. Energy intake in the less category is 41.3%. The protein shows that respondents have sufficient protein as much as 67.4%. Fat intake showed that respondents were in the less category as much as 39.1 %. Carbohydrate intake showed respondents in the less category as much as 21.7%. In the physical activity of SDN 13 Mandau Kota Duri students in the moderate category as much as 52.2% and activities in the light category as much as 47.8%. Nutritional status based on BMI/U in the lean category was 41.3%, fat was 13.0% and obese was 2.2%. Bivariate analysis showed that there was a relationship between macronutrient intake and physical activity with the nutritional status of the respondents.*

**Keyword : Nutritional Status, Macronutrient Intake, Physical Activity**

**Reference : 24 (2003-2021)**