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**GAMBARAN ASUPAN ENERGI DAN ZAT GIZI MAKRO PADA REMAJA
OBESITAS DI SMAN 5 PEKANBARU**

ix + 32 halaman + 6 tabel + 2 gambar

INTISARI

Obesitas adalah penimbunan lemak yang berlebihan dari yang diperlukan untuk fungsi tubuh. Obesitas pada remaja disebabkan beberapa faktor yaitu masalah asupan zat gizi, genetik, aktivitas fisik dan faktor lain. Obesitas pada usia muda akan berisiko berlanjut sampai usia tua sehingga perlu adanya upaya intervensi yang tepat. Obesitas dapat menyebabkan penyakit jantung koroner, diabetes mellitus, hipertensi, stroke dan lainnya. Tujuan penelitian ini untuk mengetahui gambaran asupan energi dan zat gizi makro pada remaja obesitas di SMAN 5 Pekanbaru.

Jenis penelitian ini adalah penelitian deskriptif dengan rancangan *cross sectional*. Teknik pengambilan sampel diambil dengan cara *total sampling* dan jumlah sampel dalam penelitian ini sebanyak 52 orang siswa. Pengambilan data asupan energi dan zat gizi makro menggunakan metode *food recall 2 x 24 jam*. Data yang diperoleh akan dianalisa menggunakan analisa univariat. Hasil penelitian ini adalah sebagian besar asupan zat gizi makro siswa kategori lebih yaitu asupan energi sebanyak 69,2%, asupan karbohidrat sebanyak 61,5%, asupan protein sebanyak 65,4%, asupan lemak sebanyak 59,6%.

Kata Kunci : Obesitas, Asupan Energi, Asupan Karbohidrat, Asupan Protein,
Asupan Lemak

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**AN OVERVIEW OF ENERGY INTAKE AND MACRONUTRIENS IN
OBESE ADOLESCENTS AT SMAN 5 PEKANBARU**

ix + 32 page + 6 table + 2 picture

ABSTRAK

Obesity is the accumulation of fat in excess of what is needed for bodily functions. Obesity in adolescents is caused by several factors, namely problems with nutrient intake, genetics, physical activity and other factors. Obesity at a young age will be at risk of continuing into old age so there needs to be appropriate intervention efforts. Obesity can cause coronary heart disease, diabetes mellitus, hypertension, stroke and others. The purpose of this study was to describe the intake of energy and macronutrients in obese adolescents at SMAN 5 Pekanbaru.

This type of research is a descriptive study with a cross sectional design. The sampling technique was taken by total sampling and the number of samples in this study was 52 students. Data retrieval of energy intake and macronutrients using the food recall method 2 x 24 hours. The data obtained will be analyzed using univariate analysis. The results of this study were that most of the macronutrient intakes of students in the higher category were energy intake as much as 69.2%, carbohydrate intake as much as 61.5%, protein intake as much as 65.4%, fat intake as much as 59.6%.

Kata Kunci : Obesity, Energy Intake, Carbohydrate Intake, Protein Intake,
Fat Intake.