

ABSTRAK

VIDI FARHANA. Gambaran Asupan Buah Terhadap Status Gizi Di SMK Negeri 1 Pekanbaru. Dibimbing oleh Yessi Marlina, S.Gz, MPH Dietisien dan Dewi Erowati, S.Gz, MPH.

Berdasarkan data Riskesdas 2018 prevalensi kurang konsumsi buah penduduk Indonesia umur ≥ 5 Tahun yaitu sebesar 95,5% dan persentase di provinsi Riau 95,7% sedangkan di kota Pekanbaru 96,4%. Kurangnya buah pada remaja usia sekolah nantinya akan menimbulkan resiko gangguan kesehatan seperti obesitas, diabetes, hipertensi, dan kanker. Beberapa faktor yang mempengaruhi konsumsi buah pada remaja seperti pengetahuan, sikap remaja, dan ketersediaan buah. Penelitian ini bertujuan untuk mengetahui gambaran asupan buah terhadap status gizi di SMK Negeri 1 Pekanbaru. Jenis penelitian ini deskriptif dengan desain rancangan *crosssectional*. Populasi dari penelitian ini berjumlah 360 orang dari siswa kelas X di SMK N 1 Pekanbaru dengan jumlah sampel 50 siswa. Teknik sampel menggunakan *simple random sampling*. Teknik pengambilan data asupan buah dilakukan dengan wawancara menggunakan kuesioner *food recall* dan *food frequency questionnaire*. Sedangkan data status gizi diperoleh melalui pengukuran berat badan, tinggi badan dan menggunakan analisis data univariat. Hasil penelitian adalah sebanyak 22% responden mengkonsumsi buah sesuai anjuran (2-3 kali/hari) sedangkan 78% responden tidak sesuai anjuran (<2 kali/hari). Berdasarkan porsi asupan buah 8% responden mengkonsumsi buah sesuai anjuran (≥ 150 gr/hari) dan 92% tidak sesuai anjuran (<150 gr/hari). Sebanyak 6% responden berstatus gizi kurang, 74% status gizi baik, 16% status gizi lebih dan 4% status gizi obesitas.

Kata kunci : buah, status gizi

ABSTRACT

VIDI FARHANA. Overview of fruit intake on nutritional status at SMK Negeri 1 Pekanbaru. Guided by Yessi Marlina, S.Gz, MPH Dietisien dan Dewi Erowati, S.Gz, MPH.

Based on Riskesdas 2018 data, the prevalence of lack of fruit consumption in the Indonesian population aged >5 years is 95.5% and the percentage in Riau province is 95.7% while in Pekanbaru city is 96.4%. The lack of fruit in school-age adolescents will later lead to the risk of health problems such as obesity, diabetes, hypertension, and cancer. Several factors influence fruit consumption in adolescents such as knowledge, adolescent attitudes, and fruit availability. This study aims to determine the picture of fruit intake on nutritional status at SMK Negeri 1 Pekanbaru. This type of research is descriptive with cross-sectional design. The population of this study amounted to 360 people from class X students at SMK N 1 Pekanbaru with a sample size of 50 students. The sample technique used simple random sampling. Data collection technique of fruit intake was done by interview using food recall questionnaire and food frequency questionnaire. While nutritional status data was obtained through measurement of body weight, height and using univariate data analysis. The results of the study were 22% of respondents consumed fruit as recommended (2-3 times/day) while 78% of respondents did not as recommended (<2 times/day). Based on the portion of fruit intake, 8% of respondents consumed fruit as recommended (> 150 gr/day) and 92% did not meet the recommendations (< 150 gr/day). 6% of respondents were undernourished, 74% were well nourished, 16% were overnourished and 4% were obese.

Keywords: fruit, nutritional status