

ABSTRAK

Napila Ulia Sari Nasution. Gambaran Asupan Energi dan Zat Gizi Makro Terhadap Kejadian Obesitas di SMA Negeri 2 Pekanbaru. Dibimbing oleh Dewi Rahayu, SP, M.Si dan Sri Mulyani STP.M.Si

Prevalensi obesitas di Kota Pekanbaru remaja usia 16-18 tahun pada 2018 sebesar 4,87%. Obesitas remaja faktor utamanya disebabkan oleh asupan makan yang berlebih. Tujuan dari penelitian ini yaitu untuk mengetahui gambaran asupan zat gizi makro terhadap kejadian obesitas di SMA Negeri 2 Pekanbaru. Penelitian ini merupakan penelitian deskriptif kualitatif dengan metode pendekatan cross sectional. Teknik pengambilan sampel yaitu *stratified random sampling*. Sampel penelitian sebanyak 44 orang. Analisis data dilakukan secara deskriptif. Data variabel dependen yaitu obesitas dan variabel independen yaitu asupan zat gizi makro. Dari hasil penelitian ditemukan bahwa asupan zat gizi makro responden rata-rata persentase terbesar kategori berlebih. Untuk asupan energi berlebih 56,8% responden, protein berlebih 75% responden, lemak berlebih 72,7% responden dan karbohidrat berlebih 56,8% responden. Status gizi responden gizi baik 56,8%, obesitas 29,5%, gizi lebih 9,1%, dan gizi kurang 4,5%. Dari responden yang obesitas, terdapat 76,9% responden asupan energinya berlebih. 92,3% responden asupan proteinnya berlebih. 84,6% responden asupan lemaknya berlebih dan 76,9% responden asupan karbohidrat nya berlebih.

Kata Kunci : obesitas, asupan energi, asupan protein, asupan lemak, asupan karbohidrat

ABSTRACT

Napila Ulia Sari Nasution. Overview of Energy Intake and Macronutrients on the Incidence of Obesity in SMA Negeri 2 Pekanbaru. Supervised by Dewi Rahayu, SP, M.Si and Sri Mulyani STP.M.Si.

The prevalence of obesity in Pekanbaru City among adolescents aged 16-18 years in 2018 was 4.87%. The main factor of adolescent obesity is caused by excessive food intake. The purpose of this study was to determine the description of macronutrient intake on the incidence of obesity in SMA Negeri 2 Pekanbaru. This research is a descriptive qualitative research with a cross sectional approach method. The sampling technique is stratified random sampling. The research sample was 44 people. Data analysis was done descriptively. The dependent variable data is obesity and the independent variable is macronutrient intake. From the results of the study it was found that the average macronutrient intake of respondents was the largest percentage of the excess category. For excess energy intake 56.8% of respondents, excess protein 75% of respondents, excess fat 72.7% of respondents and excess carbohydrates 56.8% of respondents. The nutritional status of respondents was good nutrition 56.8%, obesity 29.5%, overnutrition 9.1%, and undernutrition 4.5%. Of the obese respondents, 76.9% had excess energy intake. 92.3% of respondents had excessive protein intake. 84.6% of respondents had excessive fat intake and 76.9% of respondents had excessive carbohydrate intake.

Keywords : obesity, energy intake, protein intake, fat intake, carbohydrate intake