

ABSTRAK

FATAHIYA HANUM UMAIRA. Gambaran Asupan Zat Gizi Makro dan Status Gizi Remaja di SMA Babussalam Pekanbaru. Dibimbing oleh ROZIANA.

Masa remaja merupakan periode krusial dalam siklus kehidupan yang ditandai oleh pertumbuhan fisik, perkembangan kognitif, serta perubahan emosional yang signifikan. Asupan gizi seimbang sangat diperlukan untuk menunjang kesehatan dan perkembangan optimal pada masa ini. Penelitian ini bertujuan untuk menggambarkan asupan zat gizi makro serta status gizi remaja di SMA Babussalam Pekanbaru. Penelitian ini menggunakan pendekatan kuantitatif dengan desain cross-sectional. Sampel penelitian terdiri atas 52 responden yang dipilih secara purposive sampling. Hasil penelitian menunjukkan bahwa rata-rata asupan zat gizi makro responden tergolong kurang. Sebanyak 45 responden (86,5%) memiliki asupan energi yang kurang, sedangkan 7 responden (13,5%) memiliki asupan yang cukup. Untuk asupan protein, 31 responden (59,6%) tergolong kurang, 18 responden (34,6%) cukup, dan 3 responden (5,8%) berlebih. Asupan lemak kurang dialami oleh 26 responden (50%), cukup pada 22 responden (42,3%), dan berlebih pada 4 responden (7,7%). Seluruh responden (100%) memiliki asupan karbohidrat yang kurang. Status gizi menunjukkan bahwa 1 responden (1,9%) mengalami gizi kurang, 39 responden (75%) berstatus gizi normal, 6 responden (11,5%) mengalami overweight, dan 6 responden (11,5%) mengalami obesitas. Kesimpulan penelitian ini menyatakan bahwa asupan zat gizi makro masih dalam kategori kurang, namun status gizi mayoritas remaja masih berada pada kategori normal.

Kata kunci : Zat Gizi Makro, Status Gizi, Remaja

ABSTRACT

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Adolescence is a critical period in the life cycle characterized by significant physical growth, cognitive development, and emotional changes. Balanced nutritional intake is essential to support health and optimal development during this stage. This study aims to describe the macro nutrient intake and nutritional status of adolescents at SMA Babussalam Pekanbaru. The research employed a quantitative approach with a cross-sectional design. The sample consisted of 52 respondents selected through purposive sampling. The results indicated that the average macro nutrient intake among respondents was classified as insufficient. Forty-five respondents (86.5%) had inadequate energy intake, while seven respondents (13.5%) had sufficient intake. Regarding protein intake, 31 respondents (59.6%) were categorized as insufficient, 18 respondents (34.6%) as sufficient, and three respondents (5.8%) as excessive. Fat intake was insufficient in 26 respondents (50%), adequate in 22 respondents (42.3%), and excessive in four respondents (7.7%). All respondents (100%) had insufficient carbohydrate intake. Nutritional status assessment showed that one respondent (1.9%) was undernourished, 39 respondents (75%) had normal nutritional status, six respondents (11.5%) were overweight, and six respondents (11.5%) were obese. The study concludes that although macro nutrient intake remains insufficient, the majority of adolescents maintain a normal nutritional status.

Keywords: Macro Nutrients, Nutritional Status, Adolescents