

GAMBARAN POLA MAKAN DAN STATUS GIZI REMAJA PUTRI DI DESA SENDANGTIRTO KAPANEWON BERBAH, KABUPATEN SLEMAN

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ABSTRAK

Latar Belakang : Berdasarkan profil kesehatan Provinsi Daerah Istimewa Yogyakarta tahun 2017 prevalensi obesitas sebesar 19,1% terjadi pada remaja. Masalah gizi pada remaja banyak terjadi karena perilaku gizi atau perilaku makan yang salah dan juga perubahan gaya hidup.

Tujuan : Mengetahui gambaran pola makan dan status gizi pada remaja putri di Desa Sendangtirto, Kapanewon Berbah, Kabupaten Sleman.

Metode : Jenis penelitian deskriptif dengan desain penelitian *cross sectional*. Sebanyak 60 remaja putri di Desa Sendangtirto, Kapanewon Brerbah, Kabupaten Sleman dijadikan sebagai subyek penelitian. Sampel diambil dengan teknik *cluster random sampling*. Penelitian dilaksanakan pada bulan November – Desember 2021. Aspek – aspek yang diteliti yaitu pola konsumsi makan (jenis, jumlah, frekuensi makanan), dan status gizi. Data tersebut dikumpulkan menggunakan kuesioner *SQ-FFQ*.

Hasil : Pola makan remaja putri berdasarkan jumlah makan pada asupan energi, protein, lemak, dan karbohidrat yaitu kurang sebanyak 75%, 63,33%, 73,33%, dan 73,33%. Berdasarkan jenis makanan dan frekuensi makan selama satu bulan terakhir termasuk dalam kategori sangat rendah dan kurang sebanyak 61,67% dan 75%. Remaja putri setiap hari mengkonsumsi nasi, sering mengkonsumsi kentang, daging ayam, telur ayam, sosis, tempe, tahu, wortel, teh, mendoan, dan kerupuk. Sebagian besar status gizi remaja putri termasuk dalam kategori baik sebanyak 71,66%. Sebagian besar jumlah asupan energi, protein lemak, dan karbohidrat berdasarkan status gizi yaitu status gizi baik dengan jumlah asupan kurang masing masing yaitu 45%, 40%, 51,67%, dan 50%. Jenis makanan dan frekuensi makan berdasarkan status gizi yaitu sebagian besar status gizi baik dengan jenis makanan yang sangat rendah sebanyak 43,33% dan status gizi baik dengan frekuensi makan kurang sebanyak 50%.

Kesimpulan : Pola makan remaja putri berdasarkan jumlah makan masih kurang yaitu $\leq 80\%$. Jenis makanan dan frekuensi makan selama satu bulan terakhir termasuk dalam kategori sangat rendah dan kurang. Jumlah asupan energi, protein lemak, dan karbohidrat berdasarkan status gizi yaitu status gizi baik dengan jumlah asupan kurang. Jenis makanan dan frekuensi makan berdasarkan status gizi yaitu sebagian besar status gizi baik dengan jenis makanan yang sangat rendah dan frekuensi makan kurang.

Kata kunci : Pola makan, status gizi remaja

DESCRIPTION OF DIETARY HABIT AND NUTRITIONAL STATUS IN ADOLESCENT WOMEN IN SENDANGTIRTO VILLAGE KAPANEWON BERBAH, SLEMAN DISTRICT

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ABSTRACT

Background : Based on the health profile of the Special Region of Yogyakarta in 2017, the prevalence of obesity of 19.1% occurred in adolescents. Many nutritional problems in adolescents occur because of nutritional behavior or wrong eating behavior and also changes in lifestyle.

Objective : To describe the diet and nutritional status of adolescent girls in Sendangtirto Village, Kapanewon Berbah, Sleman Regency.

Methods : This type of research is descriptive with a *cross sectional*. A total of 60 young women in Sendangtirto Village, Kapanewon Brerbah, Sleman Regency were used as research subjects. Samples were taken by using *cluster random sampling technique*. The study was conducted in November – December 2021. The aspects studied were food consumption patterns (type, amount, frequency of food), and nutritional status. The data were collected using the *SQ-FFQ*.

Results : The eating patterns of adolescent girls based on the number of meals on energy, protein, fat, and carbohydrate intakes were 75%, 63.33%, 73.33%, and 73.33%. Based on the type of food and the frequency of eating during the last month included in the category of very low and less as much as 61.67% and 75%. Teenage girls eat rice every day, often consume potatoes, chicken meat, chicken eggs, sausage, tempeh, tofu, carrots, tea, mendoan, and crackers. Most of the nutritional status of adolescent girls is in the good category as much as 71.66%. Most of the total intake of energy, protein, fat, and carbohydrates was based on nutritional status, namely good nutritional status with less intake, respectively, namely 45%, 40%, 51.67%, and 50%. Types of food and frequency of eating based on nutritional status, namely mostly good nutritional status with very low types of food as much as 43.33% and good nutritional status with less eating frequency as much as 50%.

Conclusion : The eating pattern of adolescent girls based on the amount of food is still lacking, namely 80%. Types of food and frequency of eating during the past month are included in the very low and less category. Total intake of energy, protein, fat, and carbohydrates is based on nutritional status, namely good nutritional status with less intake. Type of food and frequency of eating based on nutritional status, namely most of the nutritional status is good with very low types of food and less frequency of eating.

Keywords : Diet, nutritional status of adolescents