

RELATIONSHIP BETWEEN FOOD INTAKE AND PHYSICAL ACTIVITY
WITH NUTRITIONAL STATUS OF SMP N 5 YOGYAKARTA CORE
PLATOON

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ABSTRACT

Background: The main nutritional problem in adolescents is the problem of malnutrition, both malnutrition with short stature and or over nutrition to obesity related to lifestyle and eating behavior is wrong. At the age of adolescents tend to have many activities that affect the amount of energy needed by the body.

Objective: To know the relationship between food intake and physical activity with nutritional status in the SMP N 5 Yogyakarta core platoon.

Method: Type of quantitative research with observational design with cross-sectional approach. The research subjects were all 7th grade core platoon members, amounting to 68 in SMP N 5 Yogyakarta. Food intake data collection using the SQ-FFQ form and physical activity using the physical activity form in a week. The relationship analysis used is Pearson Product Moment.

Results: Most (52%) of respondents had less energy intake. 56% of respondents have good protein intake. 82% of respondents have less fat intake. 52% of respondents have less carbohydrate intake. 40% of respondents are categorized as having heavy physical activity. 70% of respondents have normal nutritional status.

Conclusion: There is a relationship between energy intake and nutritional status. There is a relationship between protein intake and nutritional status. There is a relationship between fat intake and nutritional status. There is a relationship between carbohydrate intake and nutritional status. There is a relationship between physical activity and nutritional status.

Keywords: Intake, Physical Activity, Nutritional Status

HUBUNGAN ASUPAN MAKAN DAN AKTIVITAS FISIK DENGAN STATUS GIZI PELETON INTI SMP N 5 YOGYAKARTA

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ABSTRAK

Latar Belakang : Masalah gizi utama pada remaja adalah masalah malnutrisi, baik gizi kurang dengan perawakan pendek dan atau gizi lebih sampai obesitas yang berkaitan dengan gaya hidup dan perilaku makan salah. Pada usia remaja cenderung memiliki banyak aktivitas yang berpengaruh pada jumlah energi yang dibutuhkan tubuh.

Tujuan : Diketahui hubungan asupan makan dan aktivitas fisik dengan status gizi pada peleton inti SMP N 5 Yogyakarta.

Metode : Jenis penelitian kuantitatif dengan desain observasional dengan pendekatan *cross-sectional*. Subjek penelitian adalah seluruh anggota peleton inti kelas 7 yang berjumlah 68 orang di SMP N 5 Yogyakarta. Pengumpulan data asupan makan menggunakan form *SQ-FFQ* dan aktivitas fisik menggunakan form aktivitas fisik dalam seminggu. Analisis hubungan yang digunakan adalah *Pearson Product Moment*.

Hasil : Sebagian besar (52%) responden memiliki asupan energi kurang. 56% responden memiliki asupan protein baik. 82% responden memiliki asupan lemak kurang. 52% responden memiliki asupan karbohidrat kurang. 40% responden dikategorikan memiliki aktivitas fisik berat. 70% responden memiliki status gizi normal.

Kesimpulan : Ada hubungan antara asupan energi dengan status gizi. Ada hubungan antara asupan protein dengan status gizi. Ada hubungan antara asupan lemak dengan status gizi. Ada hubungan antara asupan karbohidrat dengan status gizi. Ada hubungan antara aktivitas fisik dengan status gizi.

Kata Kunci : Asupan, Aktivitas Fisik, Status Gizi