

PHYSICAL ACTIVITY AND NUTRITIONAL STATUS OF ADOLESCENTS AT SMAN 2 SLEMAN

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ABSTRACT

Background : The problem of adolescent nutrition in Indonesia is still a problem. According to the 2018 Risked data, it shows that there are 8.7% of adolescents aged 13-15 years and 8.1% of adolescents aged 16-18 years who are thin and very thin. Overweight and obesity are 16.0% at the age of 13-15 years and 13.5% in adolescents aged 16-18 years (RI Ministry of Health, 2018). Factors that affect nutritional status in adolescents include physical activity. the impact of the current COVID-19 pandemic has increased the opportunities for youth to stay away from physical activity because they spend more time in front of their devices doing schoolwork, accessing the internet, and other light activities.

Objective : Assessing physical activity and nutritional status of adolescents at SMAN 2 Sleman.

Method : This research is a qualitative descriptive study with a cross sectional approach. This research was conducted on the 13th of December 2022. Sampling was carried out by simple random sampling. The sample in this study was 46 students of class XI at SMAN 2 Sleman.

Results : The results showed that 46 respondents had moderate activity (55%), normal nutritional status (78%), and physical activity based on nutritional status found heavy activity with normal nutritional status (95%), and normal nutritional status (5%). For moderate activity with thin nutritional status (4%), normal nutritional status (72%), obese nutritional status (12%), and obesity (12%). Of the 46 respondents, the least physical activity was light with a nutritional status of fat (50%) and obesity (50%).

Conclusion : Most of the students in class XI SMAN 2 Sleman have moderate physical activity, namely 25 people (54%), most of the students in class XI SMAN 2 Sleman have normal nutritional status, namely 36 people (78%), there is a tendency for lower physical activity the higher the adolescents have the nutritional status of fat and obesity.

Keywords : Physical Activity, Nutritional Status, Adolescents

KAJIAN AKTIVITAS FISIK DAN STATUS GIZI REMAJA DI SMAN 2 SLEMAN

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ABSTRAK

Latar Belakang : Masalah gizi remaja di Indonesia masih menjadi masalah, Menurut data Riskedas 2018 menunjukkan bahwa remaja usia 16-18 tahun dengan kondisi kurus dan sangat kurus. Berat badan lebih dan obesitas sebesar 13,5% pada remaja usia 16-18 tahun (Kemenkes RI, 2018). Factor yang mempengaruhi status gizi pada remaja antara lain aktivitas fisik. dampak pandemic COVID-19 saat ini telah meningkatkan peluang remaja untuk menjauh dari aktivitas fisik karena mereka menghabiskan lebih banyak waktu didepan perangkat mereka mengerjakan tugas sekolah, akses internet, dan aktivitas ringan lainnya.

Tujuan : Mengkaji aktivitas fisik dan status gizi pada remaja di SMAN 2 Sleman

Metode : Penelitian ini merupakan penelitian deskriptif kualitatif dengan pendekatan *cross sectional*. Penelitian ini dilaksanakan pada tanggal 13 bulan Desember tahun 2022. Pengambilan sampel dilakukan dengan *simple random sampling* Sampel pada penelitian ini 46 siswa/i kelas XI di SMAN 2 Sleman.

Hasil : Hasil penelitian diketahui terhadap 46 responden didapatkan (55%) aktivitas sedang, (78%) status gizi normal, dan aktivitas fisik berdasarkan status gizi didapatkan aktivitas berat dengan status gizi normal (95%), dan status gizi normal (5%). Untuk aktivitas sedang dengan status gizi kurus (4%), status gizi normal (72%), status gizi gemuk (12%), dan obesitas (12%). Dari 46 responden aktivitas fisik paling sedikit yaitu ringan dengan status gizi gemuk (50%) dan obesitas (50%).

Kesimpulan : Sebagian besar siswa/i kelas XI SMAN 2 Sleman memiliki aktivitas fisik sedang yaitu 25 orang (54%), Sebagian besar siswa/i kelas XI SMAN 2 Sleman memiliki status gizi normal yaitu 36 orang (78%), terdapat kecenderungan semakin rendah aktivitas fisik semakin tinggi remaja memiliki status gizi gemuk dan obesitas.

Kata kunci : Aktivitas Fisik, Status Gizi, Remaja