

**STUDY OF THE LEVEL OF KNOWLEDGE OF BALANCED NUTRITION
AND NUTRITIONAL STATUS OF ADOLESCENT FEMALES IN
PANJANGREJO VILLAGE, PUNDONG KAPANEWON, BANTUL REGENCY**

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ABSTRACT

Background : *Adolescence is a vulnerable period for nutrition, growth, and body development. Meanwhile, adolescent girls often diet without following a healthy dietary system. Adolescents face a triple burden of nutrition, including both deficiencies and excesses of nutrients, as well as deficiencies in microminerals. Suboptimal nutritional status in adolescents can have an impact on productivity and the risk of infectious diseases and degenerative diseases. One of the factors that affects nutritional status is the low level of knowledge. Balanced nutritional knowledge can affect individual eating habits or eating behavior, which if eating habits or behavior are wrong and cannot be fulfilled optimally will cause problems with nutritional status.*

Objective : *To study the level of balanced nutrition knowledge and nutritional status of adolescent girls in Kalurahan Panjangrejo, Kapanewon Pundong, Bantul Regency.*

Method : *This is a descriptive study with a cross-sectional research design. The study used purposive sampling technique. The population of this study was all adolescent girls aged 12-18 years in Kalurahan Panjangrejo. The sample size was 35 adolescent girls. The instrument used in this study was a questionnaire on knowledge about balanced nutrition. Data analysis was conducted using univariate and bivariate analysis.*

Result : *The results of the study showed that adolescent girls in Panjangrejo Pundong Bantul Village had a good level of knowledge of balanced nutrition as many as 17 (48.6%), less knowledge as many as 4 (11.4%), and sufficient knowledge as many as 14 (50%) adolescent girls. Having a nutritional status of less as many as 12 (34.2%), good nutrition as many as 13 (37.1%), and over nutrition as many as 10 (28.6%) adolescent girls.*

Conclusion : *Most adolescent girls aged 12-15 years, with junior high school education, good knowledge level, and good nutritional status.*

Keyword : *adolescent girls, balanced nutrition knowledge, nutritional status (BMI-for-age).*

KAJIAN TINGKAT PENGETAHUAN GIZI SEIMBANG DAN STATUS GIZI REMAJA PUTRI DI KALURAHAN PANJANGREJO, KAPANEWON PUNDONG, KABUPATEN BANTUL

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ABSTRAK

Latar belakang : Remaja merupakan periode rentan gizi pertumbuhan dan perkembangan tubuh. Sedangkan remaja putri sering kali melakukan diet tanpa melihat sistem aturan diet sehat. Para remaja dihadapkan dengan tiga beban gizi, baik kekurangan maupun kelebihan zat gizi dan kekurangan zat gizi mikro. Status gizi yang tidak optimal pada remaja dapat berdampak pada produktivitas dan risiko penyakit infeksi dan penyakit degeneratif. Salah satu faktor yang mempengaruhi status gizi adalah rendahnya tingkat pengetahuan. Pengetahuan gizi seimbang dapat mempengaruhi kebiasaan makan atau perilaku makan individu yang mana apabila kebiasaan atau perilaku makan salah dan tidak dapat dipenuhi secara maksimal akan menimbulkan masalah pada status gizi.

Tujuan : Untuk mengkaji tingkat pengetahuan gizi seimbang dan status gizi remaja putri di Kalurahan Panjangrejo, Kapanewon Pundong, Kabupaten Bantul.

Metode : Jenis penelitian deskriptif dengan desain penelitian *cross sectional*. Penelitian ini menggunakan teknik *purposive sampling*. Populasi penelitian ini adalah semua remaja putri usia 12-18 tahun di Kalurahan Panjangrejo. Jumlah sampel yaitu 35 remaja putri. Instrumen yang digunakan dalam penelitian ini adalah kuesioner pengetahuan tentang gizi seimbang. Analisis data menggunakan analisis univariat dan bivariat.

Hasil : Hasil penelitian menunjukkan bahwa remaja putri di Kalurahan Panjangrejo Pundong Bantul memiliki tingkat pengetahuan gizi seimbang baik sebanyak 17 (48,6%), pengetahuan kurang sebanyak 4 (11,4%), dan pengetahuan cukup sebanyak 14 (50%) remaja putri. Memiliki status gizi kurang sebanyak 12 (34,2%), gizi baik sebanyak 13 (37,1%), dan gizi lebih sebanyak 10 (28,6%) remaja putri.

Kesimpulan : Sebagian besar remaja putri dengan karakteristik usia 12-15 tahun,, berpendidikan SMP, tingkat pengetahuan baik, dan status gizi baik.

Kata kunci : remaja putri, pengetahuan gizi seimbang, status gizi IMT/U
