

STUDY OF ENERGY AND PROTEIN INTAKE WITH NUTRITIONAL STATUS OF ADOLESCENT FEMALES IN SABDODADI VILLAGE

Putri Khaeriyah¹, Waryana², Siti Budi Utami³

^{1,2,3} Jurusan Gizi Poltekkes Kemenkes Yogyakarta

Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman

Email : putrikhaeriyah1@gmail.com

ABSTRACT

Background : Chronic Energy Deficiency (CED) is a condition of long-term energy deficiency characterized by an Upper Arm Circumference (MUAC) <23.5 cm. Data from the Indonesian Health Survey (2023) shows that the highest prevalence of CED is in adolescent girls aged 10–14 years (71%), followed by those aged 15–19 years (41.9%). This condition is closely related to unhealthy eating patterns and low energy and protein intake. CED in adolescent girls is at risk of causing long-term health problems, especially if they become pregnant at a young age. Therefore, a study of the relationship between energy and protein intake and the nutritional status of adolescent girls is important to prevent further impacts such as stunting and pregnancy complications.

Objective : Knowing the level of energy and protein intake with the nutritional status of adolescent girls in Sabdodadi Village

Method : This study is a descriptive study with a cross-sectional approach that aims to determine energy and protein intake based on nutritional status in adolescent girls. The sample calculation obtained 28 respondents selected by purposive sampling from adolescent girls aged 12-18 years and studying junior high school - senior high school / vocational high school in Sabdodadi Village. The instrument for energy and protein intake is in the form of Semi Quantitative Food Frequency (SQ-FFQ).

Result : The results showed that most female adolescents in Sabdodadi Village had energy and protein intake in the insufficient category, 85.7% and 71.4% respectively. Nutritional status based on LILA measurements showed that 39.3% had CED. A higher proportion of CED was found in adolescents aged 10–12 years (60%) and junior high school education level (53.3%). Adolescents with insufficient energy and protein intake tended to have CED nutritional status, although most remained in the non-CED category.

Conclusion : Most of the energy and protein intake of adolescent girls in Sabdodadi village is categorized as lacking, and most of the nutritional status of adolescent girls is not in the KEK category. Insufficient energy and protein intake tends to result in a higher proportion of KEK events compared to groups with good energy and protein intake.

Keywords : Energy intake, Protein intake, Nutritional status, Adolescent girls

KAJIAN ASUPAN ENERGI DAN PROTEIN DENGAN STATUS GIZI REMAJA PUTRI DI DESA SABDODADI

Putri Khaeriyah¹, Waryana², Siti Budi Utami³

^{1,2,3} Jurusan Gizi Poltekkes Kemenkes Yogyakarta

Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman

Email : putrikhaeriyah1@gmail.com

ABSTRAK

Latar Belakang : Kekurangan Energi Kronik (KEK) merupakan kondisi kekurangan asupan energi jangka panjang yang ditandai dengan Lingkar Lengan Atas (LILA) <23,5 cm. Data Survei Kesehatan Indonesia (2023) menunjukkan prevalensi KEK tertinggi pada remaja putri usia 10–14 tahun (71%), diikuti usia 15–19 tahun (41,9%). Kondisi ini berkaitan erat dengan pola makan tidak sehat dan rendahnya asupan energi dan protein. KEK pada remaja putri berisiko menyebabkan gangguan kesehatan jangka panjang, terutama jika mereka hamil di usia muda. Oleh karena itu, kajian mengenai hubungan antara asupan energi dan protein dengan status gizi remaja putri menjadi penting untuk mencegah dampak lanjutan seperti stunting dan komplikasi kehamilan.

Tujuan : Mengetahui tingkat asupan energi dan protein dengan status gizi remaja putri di Desa Sabdodadi

Metode : Penelitian ini merupakan penelitian deskriptif dengan pendekatan *cross sectional* yang bertujuan mengetahui asupan energi dan protein berdasarkan status gizi pada remaja putri. Perhitungan sampel diperoleh 28 responden dipilih secara *purposive sampling* dari remaja putri usia 12 – 18 tahun dan menempuh Pendidikan SMP – SMA/SMK di Desa Sabdodadi. Instrumen pada asupan energi dan protein berupa form *Semi Quantitative Food Frequency* (SQ-FFQ).

Hasil : Hasil penelitian menunjukkan bahwa sebagian besar remaja putri di Desa Sabdodadi memiliki asupan energi dan protein dalam kategori kurang, masing-masing sebesar 85,7% dan 71,4%. Status gizi berdasarkan pengukuran LILA menunjukkan 39,3% mengalami KEK. Proporsi KEK lebih tinggi ditemukan pada remaja usia 10–12 tahun (60%) dan tingkat pendidikan SMP (53,3%). Remaja dengan asupan energi dan protein kurang cenderung memiliki status gizi KEK, meskipun sebagian besar tetap berada dalam kategori tidak KEK.

Kesimpulan : Sebagian besar asupan energi dan protein remaja putri di desa Sabdodadi tergolong kategori kurang, dan sebagian besar status gizi remaja putri kategori tidak KEK. Asupan energi, protein yang kurang memiliki kecenderungan proporsi kejadian KEK yang lebih tinggi dibandingkan kelompok dengan asupan energi, protein baik.

Kata kunci : Asupan Energi, Asupan Protein, Status Gizi , Remaja Putri