

MACRONUTRIENT INTAKE (ENERGY, PROTEIN, FAT, AND CARBOHYDRATES) WITH NUTRITIONAL STATUS IN ADOLESCENT GIRLS IN DONOTIRTO VILLAGE

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ABSTRACT

Background : Nutritional status in adolescence, especially in adolescent girls, is an important indicator in determining the quality of health of future generations. Adolescence is a period of rapid growth that requires adequate intake of macronutrients such as energy, protein, fat, and carbohydrates. However, the mismatch between the needs and intake of these nutrients can lead to nutritional problems such as malnutrition or being overweight.

Objective : This study aims to determine the picture of macronutrient intake (energy, protein, fat, and carbohydrates) based on nutritional status in adolescent girls aged 13–18 years in Donotirto Village, Kapanewon Kretek, Bantul Regency.

Method : This study used a quantitative descriptive design with a cross-sectional approach. The research sample amounted to 30 young women who were selected using the total sampling technique. Food intake data was collected through a 1x24-hour recall method that in weekdays, while nutritional status was determined based on body mass index (BMI) by age using WHO standards. Data analysis was carried out by comparing the average macronutrient intake to the Nutritional Adequacy Rate (AKG).

Results: The results showed that most adolescent girls had a good nutritional status (86.7%), but adolescents with a poor nutritional status were also found (13.3%). The average energy intake of adolescent girls was 1,515.2 kcal (73.1% of the AKG), 60.1 g of protein (92.4% of the AKG), 57.4 g of fat (82.3% of the AKG), and 186.6 g of carbohydrates (62.2% of the AKG). An imbalance in macronutrient intake, especially energy and carbohydrate deficits, was found in most respondents indicating a lack of adequate food intake in a day.

Conclusion: The majority of adolescent girls have normal nutritional status despite their low macronutrient intake.

Keywords: Energy intake, protein, fat, carbohydrates, nutritional status, adolescent girls

GAMBARAN ASUPAN MAKRONUTRIEN (ENERGI, PROTEIN, LEMAK, DAN KARBOHIDRAT) DENGAN STATUS GIZI PADA REMAJA PUTRI DI DESA DONOTIRTO

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ABSTRAK

Latar Belakang: Status gizi pada masa remaja, khususnya pada remaja putri, merupakan indikator penting dalam menentukan kualitas kesehatan generasi mendatang. Masa remaja merupakan periode pertumbuhan pesat yang membutuhkan asupan zat gizi makro seperti energi, protein, lemak, dan karbohidrat dalam jumlah yang memadai. Namun, ketidaksesuaian antara kebutuhan dan asupan zat gizi tersebut dapat menyebabkan masalah gizi seperti kekurangan gizi atau kelebihan berat badan.

Tujuan : Penelitian ini bertujuan untuk mengetahui gambaran asupan makronutrien (energi, protein, lemak, dan karbohidrat) berdasarkan status gizi pada remaja putri usia 13–18 tahun di Desa Donotirto, Kapanewon Kretek, Kabupaten Bantul.

Metode : Penelitian ini menggunakan desain deskriptif kuantitatif dengan pendekatan cross-sectional. Sampel penelitian berjumlah 30 remaja putri yang dipilih menggunakan teknik total sampling. Data asupan makanan dikumpulkan melalui metode recall 1x24 jam yang mencakup hari kerja, sedangkan status gizi ditentukan berdasarkan indeks massa tubuh (IMT) menurut umur menggunakan standar WHO. Analisis data dilakukan dengan cara membandingkan rata-rata asupan makronutrien terhadap Angka Kecukupan Gizi (AKG).

Hasil : Hasil penelitian menunjukkan bahwa sebagian besar remaja putri memiliki status gizi baik (86,7%), namun ditemukan pula remaja dengan status gizi kurus (13,3%). Rata-rata asupan energi remaja putri sebesar 1.515,2 kkal (73,1% AKG), protein 60,1 g (92,4% AKG), lemak 57,4 g (82,3% AKG), dan karbohidrat 186,6 g (62,2% AKG). Ketidakseimbangan asupan makronutrien, terutama defisit energi dan karbohidrat, ditemukan pada sebagian besar responden menunjukkan kurangnya asupanmakan yang cukup dalam sehari.

Kesimpulan : Mayoritas remaja putri memiliki status gizi yang normal walaupun asupan makronutriennya kurang.

Kata kunci: Asupan energi, protein, lemak, karbohidrat, status gizi, remaja putri