

**DESCRIPTION OF THE LEVEL OF KNOWLEDGE AND THE INCIDENCE
OF CHRONIC ENERGY DEFICIENCY AMONG GRADE XI FEMALE
STUDENTS AT STATE SENIOR HIGH SCHOOL 3 BANTUL**

Hanun Lutfia Almas ¹, Wafi Nur Muslihatun ², Yani Widyastuti ³
^{1,2,3} Department of Midwifery Polytechnic of The Ministry of Health Yogyakarta
Jl. Mangkuyudan MJ III/304 Mantrijeron Yogyakarta, 555143
Email: haanunlutfiaa@gmail.com

ABSTRACT

Background: Bantul Regency is an area with a relatively high prevalence of CED in the Special Region of Yogyakarta. Based on data from the Regional Development Planning Agency of Bantul Regency in 2024, the prevalence of CED among adolescents reached 20.1%. This condition indicates that nutritional problems among adolescent girls still require attention, as adolescents are a vulnerable group to CED due to inadequate nutritional intake and low knowledge regarding balanced nutrition.

Objective: To describe the level of knowledge and the incidence of Chronic Energy Deficiency among grade XI female students at SMA Negeri 3 Bantul.

Method: this study was a descriptive with a cross-sectional approach. The sample consisted of 118 female students of grade XI selected using the total sampling technique. Data were collected using questionnaires and Mid-Upper Arm Circumference (MUAC) measurements, then analyzed using univariate analysis. The study was conducted on April 29–30, 2026, at SMA Negeri 3 Bantul.

Research Results: The results showed that most respondents had a moderate level of knowledge (73.7%). Based on the subvariables, most respondents had moderate knowledge of the basic concepts of CED (59.3%), almost all had poor knowledge of CED risk factors (83.1%), almost all had good knowledge of the impacts of CED (78.8%), and most had good knowledge of CED prevention (60.2%). Meanwhile, knowledge of nutritional requirements was equally distributed between the good and poor categories (50.0% each). Most respondents experienced CED (53.4%). The highest proportion of CED cases was found among respondents with a moderate level of knowledge (57.5%).

Conclusion: Most female students had a moderate level of knowledge about CED and experienced CED. Respondents' knowledge was particularly low regarding the risk factors for CED.

Kata Kunci: Knowledge Level, Chronic Energy Deficiency, Female Students

GAMBARAN TINGKAT PENGETAHUAN DAN KEJADIAN KURANG ENERGI KRONIS PADA SISWI KELAS XI DI SMA NEGERI 3 BANTUL

Hanun Lutfia Almas ¹, Wafi Nur Muslihatun ², Yani Widyastuti ³
^{1,2,3} Jurusan Kebidanan Poltekkes Kemenkes Yogyakarta
Jl. Mangkuyudan MJ III/304 Mantrijeron Yogyakarta, 555143
Email: haanunlutfiaa@gmail.com

ABSTRAK

Latar Belakang: Kabupaten Bantul merupakan wilayah dengan prevalensi KEK yang cukup tinggi di Provinsi DIY. Berdasarkan data Badan Perencanaan Pembangunan Daerah Kabupaten Bantul tahun 2024, prevalensi KEK pada remaja mencapai 20,1%, Kondisi tersebut menunjukkan bahwa masalah gizi pada remaja putri masih memerlukan perhatian, karena remaja merupakan kelompok yang rentan mengalami KEK akibat kurangnya asupan gizi dan rendahnya pengetahuan mengenai gizi seimbang.

Tujuan: Diketahui gambaran tingkat pengetahuan dan kejadian Kurang Energi Kronis pada siswi kelas XI SMA Negeri 3 Bantul

Metode: Penelitian ini merupakan penelitian deskriptif dengan pendekatan cross sectional. Sampel penelitian berjumlah 118 siswi kelas XI yang diambil menggunakan teknik total sampling. Pengumpulan data dilakukan menggunakan kuesioner dan pengukuran LiLA, kemudian dianalisis secara univariat. Pelaksanaan penelitian pada tanggal 29-30 April 2026 di SMA Negeri 3 Bantul

Hasil: Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki tingkat pengetahuan kategori cukup sebanyak 73,7%, Berdasarkan subvariabel, sebagian besar responden memiliki pengetahuan cukup mengenai konsep dasar KEK (59,3%), hampir seluruhnya memiliki pengetahuan kurang mengenai faktor risiko KEK (83,1%), hampir seluruhnya memiliki pengetahuan baik mengenai dampak KEK (78,8%), sebagian besar memiliki pengetahuan baik mengenai pencegahan KEK (60,2%), sedangkan pengetahuan kebutuhan gizi terbagi seimbang antara kategori baik dan kurang (50,0%). Sebagian besar responden mengalami KEK (53,4%). Kejadian KEK paling banyak ditemukan pada responden dengan pengetahuan cukup (57,5%).

Kesimpulan: Sebagian besar siswi memiliki pengetahuan tentang KEK kategori cukup dan mengalami KEK. Pengetahuan responden masih rendah terutama mengenai faktor risiko KEK.

Kata Kunci: Tingkat Pengetahuan, Kurang Energi Kronis (KEK), Siswi SMA