

Gambaran Tentang Tingkat Asupan Zat Gizi Makro dan Aktivitas Fisik pada Overweight dan Obesitas pada Remaja Di Kalurahan Wijimulyo, Nanggulan, Kulon Progo

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ABSTRAK

Latar Belakang: Overweight dan obesitas pada remaja merupakan masalah gizi yang terus meningkat dan berisiko menyebabkan penyakit tidak menular di masa dewasa. Asupan zat gizi makro dan aktivitas fisik merupakan faktor yang berperan dalam kondisi tersebut sehingga perlu diketahui gambarannya.

Tujuan: Mengetahui gambaran asupan zat gizi makro dan aktivitas fisik pada remaja overweight dan obesitas di Kalurahan Wijimulyo, Kapanewon Nanggulan, Kabupaten Kulon Progo.

Metode: Penelitian deskriptif dengan pendekatan *cross-sectional* pada 28 remaja overweight dan obesitas yang dipilih menggunakan *purposive sampling*. Status gizi ditentukan berdasarkan IMT/U dari hasil pengukuran berat badan dan tinggi badan. Data asupan zat gizi makro diperoleh menggunakan *food recall* 3×24 jam, sedangkan aktivitas fisik diukur menggunakan kuesioner *Physical Activity Questionnaire for Adolescents* (PAQ-A).

Hasil: Sebanyak 50,0% responden mengalami overweight dan 3,6% obesitas. Seluruh responden (100%) memiliki asupan energi dan karbohidrat kurang. Asupan protein kurang ditemukan pada 85,7% responden dan asupan lemak kurang pada 96,4%. Aktivitas fisik sebagian besar tergolong rendah (50,0%) dan sangat rendah (46,4%).

Kesimpulan: Sebagian besar remaja overweight dan obesitas di Kalurahan Wijimulyo memiliki asupan zat gizi makro yang belum memenuhi Angka Kecukupan Gizi serta aktivitas fisik yang rendah. Diperlukan perbaikan kualitas pola makan melalui pemenuhan kebutuhan zat gizi makro sesuai AKG dengan memilih sumber protein berkualitas, karbohidrat kompleks tinggi serat, dan lemak sehat dalam porsi yang sesuai, disertai peningkatan aktivitas fisik secara teratur untuk membantu mencapai keseimbangan energi dan mendukung pengendalian status gizi.

Kata kunci: overweight, obesitas, remaja, asupan zat gizi makro, aktivitas fisik.

Description of The Level of Macronutrition Intake and Physical Activity In Overweight and Obesity In Wijimulyo Village, Nanggulan, Kulon Progo

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ABSTRACT

Background: Overweight and obesity among adolescents are growing nutritional problems that increase the risk of developing non-communicable diseases in adulthood. Macronutrient intake and physical activity are important factors associated with these conditions; therefore, it is essential to describe their patterns among affected adolescents.

Objective: To describe macronutrient intake and physical activity among overweight and obese adolescents in Wijimulyo Village, Nanggulan Subdistrict, Kulon Progo Regency.

Method: This descriptive study employed a cross-sectional design involving 28 overweight and obese adolescents selected through purposive sampling. Nutritional status was determined using the Body Mass Index-for-Age (BMI-for-age) based on body weight and height measurements. Macronutrient intake was assessed using three non-consecutive 24-hour dietary recalls, while physical activity was measured using the Physical Activity Questionnaire for Adolescents (PAQ-A).

Results: Of the respondents, 50.0% were classified as overweight and 3.6% as obese. All respondents (100%) had inadequate energy and carbohydrate intake. Inadequate protein and fat intake were observed in 85.7% and 96.4% of respondents, respectively. Most respondents had low (50.0%) or very low (46.4%) levels of physical activity.

Conclusion: Most overweight and obese adolescents in Wijimulyo Village had macronutrient intakes below the Indonesian Recommended Dietary Allowances (RDA) and low levels of physical activity. Improving diet quality by meeting recommended macronutrient requirements through adequate intake of high-quality protein, high-fiber complex carbohydrates, and healthy fats, together with regular physical activity, is recommended to achieve energy balance and support healthy weight management.

Keywords: overweight, obesity, adolescents, macronutrient intake, physical activity