



UNIVERSITAS ANDALAS

**HUBUNGAN PERILAKU MAKAN DENGAN STATUS GIZI REMAJA  
DI SMAN 9 KECAMATAN PAUH KOTA PADANG**



**FAKULTAS KESEHATAN MASYARAKAT  
UNIVERSITAS ANDALAS  
PADANG, 2018**

**FAKULTAS KESEHATAN MASYARAKAT  
UNIVERSITAS ANDALAS**

**Skripsi, 19 Oktober 2018**

**MUTIA RAHMA, No.BP. 1411212047**

**HUBUNGAN PERILAKU MAKAN DENGAN STATUS GIZI REMAJA DI SMAN 9  
KECAMATAN PAUH KOTA PADANG TAHUN 2018**

xiv + 60 halaman, 28 tabel, 2 gambar, 15 lampiran

**ABSTRAK**

**Tujuan Penelitian**

Status gizi lebih pada remaja terus mengalami peningkatan dibandingkan status gizi lainnya. Penelitian ini bertujuan untuk mengetahui hubungan perilaku makan dengan status gizi remaja di SMA Negeri 9 kecamatan pauh tahun 2018.

**Metode**

Penelitian menggunakan desain *cross sectional* yang dilakukan di SMAN 9 kecamatan Pauh. Populasi penelitian ini siswa SMAN 9 dengan sampel 52 orang. Pengambilan sampel menggunakan metode *simple random sampling*. Pengambilan data variabel pengetahuan makan, sikap makan, dan citra tubuh menggunakan kuesioner dan variabel tindakan makan menggunakan SQ-FFQ. Penentuan status gizi didapat dari IMT/U. Analisis data dilakukan uji *chi-square* dan analisis stratifikasi menggunakan uji *Mantel-Haenszel*.

**Hasil**

Sebagian kecil remaja mengalami gizi lebih (25,0%). Hasil analisis tidak terdapat hubungan yang bermakna antara pengetahuan makan dengan status gizi remaja ( $p=0,129$ ), sikap makan dengan status gizi ( $p=0,004$ ) dan tindakan makan dengan status gizi ( $p=0,174$ ). Hasil uji *confounding*, citra tubuh merupakan faktor *confounding* dalam hubungan antara pengetahuan makan dengan status gizi ( $\% \Delta POR = -14,33$ ), citra tubuh bukan merupakan faktor *confounding* dalam hubungan antara sikap makan dengan status gizi ( $\% \Delta POR = 7,89$ ), dan tidak dapat dilakukan analisis antara citra tubuh dalam hubungan tindakan makan dengan status gizi.

**Kesimpulan**

Tidak terdapat hubungan antara pengetahuan makan, sikap makan, dan tindakan makan dengan status gizi remaja. Citra tubuh merupakan faktor *confounding* dalam hubungan antara pengetahuan makan dengan status gizi, citra tubuh bukan merupakan faktor *confounding* dalam hubungan antara sikap makan dengan status gizi, dan tidak dapat dilakukan analisis antara citra tubuh dalam hubungan tindakan makan dengan status gizi. Bagi pihak sekolah perlu bekerjasama dengan petugas kesehatan dalam mengadakan promosi kesehatan pada remaja di SMAN 9 Kec. Pauh tentang pedoman gizi seimbang dan citra tubuh.

**Daftar Pustaka:**73 (1987-2018)

**Kata Kunci:**pengetahuan makan, sikap makan, tindakan makan, status gizi, remaja

**FACULTY OF PUBLIC HEALTH  
ANDALAS UNIVERSITY**

**Undergraduate Thesis, 19 Oktober 2018**

**MUTIA RAHMA, No.BP. 141121204**

**THE RELATIONSHIP BETWEEN EATING BEHAVIOUR WITH NUTRITION STATUS  
OF ADOLESCENT AT SMAN 9 PAUH SUB-DISCTRICT PADANG CITY IN 2018**

xiv + 60 pages, 28 tables, 2 images, 15 appendices

**ABSTRACT**

**Research Objectives**

Overweight of adolescent incereases gradually compared to the other nutritional status. This research was intenden to get the relationship of eating behavior and nutritional status of adolescents at SMA Negeri 9 in Pauh Sub District, Padang City in 2018.

**Methods**

This study used cross sectional design conducted at SMAN 9 Pauh Sub-District. The population of this research was the students of SMAN 9 with 52 students chosen as samples. The sampling was obtained by using *simple random sampling* method. The data colection of eating knowledge variable, eating attitude, and body image used questionnaire, and eating action used SQ-FFQ. The determination of nutritional status was obtained from IMT/U. Data analysis was performed by chi-square test and stratification analysis using Mantel-Haenszel test.

**The Results**

Less proportion of adolescent was overweight (25.0%). The results of the analysis showed that there was no significant relationship between eating knowledge and adolescent nutritional status ( $p = 0.129$ ), eating attitudes and nutritional status ( $p = 0.004$ ) and eating actions and nutritional status ( $p = 0.174$ ). The results of the confounding test, body image is a confounding factor in the relationship between food knowledge and nutritional status ( $\% \Delta \text{POR} = -14.33$ ), body image is not a confounding factor in the relationship between eating attitudes and nutritional status ( $\% \Delta \text{POR} = 7.89$ ), and can not be analyzed between body image in the relationship between eating action and nutritional status.

**Conclusion**

There is no relationship between eating knowledge, eating attitudes, and eating actions with adolescent nutritional status. Body image is a confounding factor in the relationship between eating knowledge and nutritional status, body image is not a confounding factor in the relationship between eating attitudes and nutritional status, and can not be analyzed between body image in the relationship between eating action and nutritional status. The school is suggested to cooperate with health professionals to conduct health promotion regarding to a balance nutrition guidelines dan body image.

**References:** 73 (1987-2018)

**Keywords:** eating knowledge, eating attitude, eating action, nutrition status, adolescent.