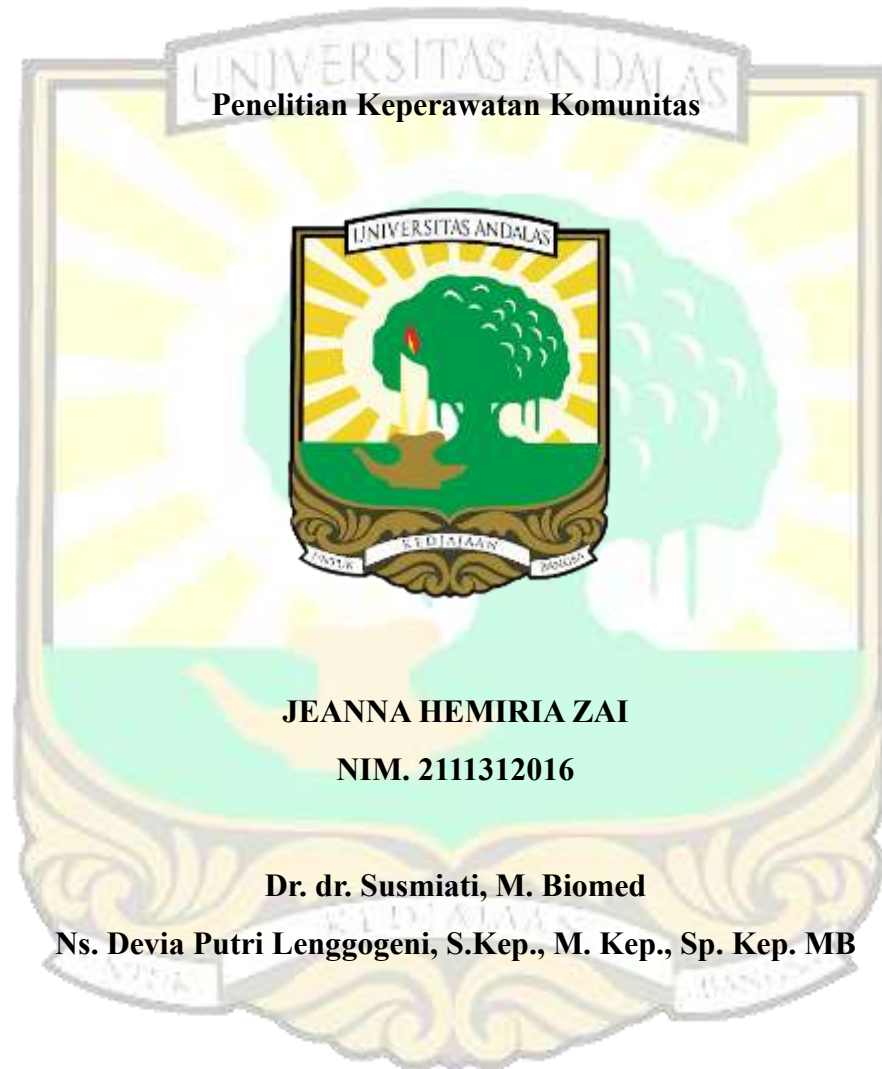


SKRIPSI

**HUBUNGAN *SEDENTARY LIFESTYLE*, PERILAKU DAN KEBIASAAN
MAKAN DENGAN STATUS GIZI REMAJA DI SMA XAVERIUS PADANG**



FAKULTAS KEPERAWATAN

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Hubungan *Sedentary Lifestyle*, Perilaku Makan dan Kebiasaan Makan dengan Status Gizi Remaja di SMA Xaverius Padang

ABSTRAK

Permasalahan status gizi remaja masih sering dilaporkan. Hal ini dapat disebabkan oleh berbagai faktor baik secara langsung maupun tidak langsung yang mempengaruhi status gizi pada remaja. Tujuan penelitian ini adalah untuk melihat hubungan *sedentary lifestyle*, perilaku makan, kebiasaan makan dengan status gizi remaja di SMA Xaverius Padang. Penelitian ini merupakan penelitian kuantitatif desain analitik dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah seluruh siswa/i SMA Xaverius Padang dengan jumlah sampel sebanyak 137 siswa/i yang diperoleh melalui teknik pengambilan sampel *proportioned stratified random sampling*. Hasil penelitian didapatkan bahwa (22,6%) remaja memiliki status gizi *underweight*, (19,7%) remaja memiliki status gizi *overweight*/ obesitas, (56,9%) remaja memiliki tingkat *sedentary lifestyle* sedang, (65%) remaja memiliki perilaku makan *external eating* dan (55,5%) remaja memiliki kebiasaan makan baik. Berdasarkan hasil uji *chi-square*, ditemukan bahwa terdapat hubungan yang signifikan antara *sedentary lifestyle* dan perilaku makan terhadap status gizi remaja di SMA Xaverius Padang ($p\text{ value} = 0,000$; $p\text{ value} = 0,000$). Dan tidak ada hubungan antara kebiasaan makan dengan status gizi remaja di SMA Xaverius Padang ($p\text{ value} = 0,123$). Untuk itu, diperlukan peningkatan kesadaran serta program mengenai pentingnya aktivitas fisik dan pengendalian perilaku makan yang baik agar remaja dapat mempertahankan status gizi normal yang berguna bagi kesehatan remaja.

Kata Kunci : Remaja, *Sedentary Lifestyle*, Perilaku Makan, Kebiasaan Makan, Status Gizi
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*The Relationship Between Sedentary Lifestyle, Eating Behavior, and Eating Habits
with Nutritional Status of Adolescents at SMA Xaverius Padang*

ABSTRACT

Problems with adolescent nutritional status are still frequently reported. This can be caused by direct or indirect factors that affect the nutritional status of adolescents. The purpose of this study is to examine the relationship between a sedentary lifestyle, eating behavior, and dietary habits with the nutritional status of adolescents at SMA Xaverius Padang. This research is a quantitative study with an analytical design using a cross-sectional approach. The population in this study consists of all students of SMA Xaverius Padang, with a sample size of 137 students obtained through the proportioned stratified random sampling technique. The research results showed that (22.6%) of adolescents had underweight nutritional status, (19.7%) had overweight/obesity nutritional status, (56.9%) had a moderate sedentary lifestyle, (65%) had external eating behavior, and (55.5%) had good eating habits. Based on the results of the chi-square test, it was found that there is a significant relationship between sedentary lifestyle and eating behavior towards the nutritional status of adolescents at SMA Xaverius Padang (p value =0.000; p value =0.000). And there is no relationship between eating habits and the nutritional status of adolescents at SMA Xaverius Padang (p value =0.123). Therefore, it is necessary to increase awareness and implement programs regarding the importance of physical activity and good eating behavior control so that adolescents can maintain a normal nutritional status that is beneficial for their health.

Keyword : Adolescents, Sedentary Lifestyle, Eating Behavior, Eating Habits, Nutritional Status

Bibliography : 85(2013-2024)