

SKRIPSI

**HUBUNGAN KEBIASAAN MAKAN DAN AKTIVITAS FISIK
DENGAN PERUBAHAN STATUS GIZI REMAJA PUTRI
PADA MASA PANDEMI COVID-19
DI SMAN 4 PADANG**

Penelitian Keperawatan Dasar



**FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
JULI 2021**

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ABSTRAK

Pandemi virus corona memiliki dampak yang luas bagi kesehatan, sosial, dan ekonomi. Terutama perilaku gaya hidup anak-anak dan remaja seperti kebiasaan makan dan aktivitas fisik karena pembatasan aktivitas di luar rumah dan penutupan kegiatan disekolah yang berkepanjangan. Penelitian ini bertujuan untuk mengetahui hubungan kebiasaan makan dan aktivitas fisik dengan perubahan status gizi remaja putri pada masa pandemi covid-19 di SMAN 4 Padang. Jenis penelitian kuantitatif dengan pendekatan *cross sectional*. Sampel pada penelitian ini adalah siswi kelas X dan XI yang berjumlah 198 siswi dengan menggunakan teknik sampling *propotional stratified random sampling*. Data diperoleh menggunakan kuesioner dan pengukuran tinggi badan dan berat badan. Hasil penelitian menunjukkan bahwa sebagian besar siswi dengan status gizi tetap sebanyak 171 siswi (86,4%), memiliki kebiasaan makan baik sebanyak 100 siswi (50,5%), dan memiliki aktivitas fisik ringan sebanyak 148 siswi (74,7%). Hasil uji statistik menunjukkan bahwa ada hubungan yang bermakna antara kebiasaan makan dengan perubahan status gizi ($p\ value=0,013$) dan antara aktivitas fisik dengan perubahan status gizi ($p\ value=0,020$). Perlu dipertahankan kebiasaan makan baik bagi remaja dan meningkatkan aktivitas fisik selama masa pandemi covid-19.

Kata Kunci : Aktivitas Fisik, Kebiasaan Makan, Perubahan Status Gizi

Daftar Pustaka : 72 (2002-2021)

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THE RELATIONSHIP OF EATING HABITS AND PHYSICAL ACTIVITY WITH
CHANGES IN THE NUTRITIONAL STATUS OF ADOLESCENT WOMEN
DURING THE COVID-19 PANDEMIC
AT SMAN 4 PADANG

ABSTRACT

The coronavirus pandemic has far-reaching health, social and economic impacts. Especially the lifestyle behavior of children and adolescents such as habits and physical activity due to activities outside the home and prolonged closure of school activities. This study aims to determine the relationship between eating habits and physical activity with changes in the nutritional status of adolescent girls during the COVID-19 pandemic at SMAN 4 Padang. This type of research is quantitative with a cross sectional approach. The sample in this study was class X and XI students who collected 198 students using proportional stratified random sampling technique. Data were obtained using a questionnaire and measurements of height and weight. The results showed that most of the students with permanent nutritional status were 171 students (86.4%), had eating habits as many as 100 students (50.5%), and had light physical activity as many as 148 students (74.7%). The results of statistical tests showed that there was a significant relationship between eating habits and changes in nutritional status (p value = 0.013) and between physical activity and changes in nutritional status (p value = 0.020). It is necessary to maintain good eating habits for adolescent and increase physical activity during the covid-19 pandemic

Keywords : Changes in Nutritional Status, Eating Habits, Physical Activity

Bibliography : 72 (2002-2021)