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HUBUNGAN ASUPAN MAKANAN DAN AKTIVITAS FISIK DENGAN
STATUS GIZI SISWA SMP NEGERI 1 LUBUK SIKAPING DI MASA
PANDEMI *CORONAVIRUS DISEASE* 2019 (COVID-19)

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Diajukan Sebagai Pemenuhan Syarat Untuk Mendapatkan
Gelar Sarjana Gizi

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x + 77 halaman, 31 tabel, 7 gambar, 8 lampiran

ABSTRAK

Tujuan

Remaja termasuk usia yang rentan terhadap masalah gizi baik gizi kurang maupun lebih. Konsumsi makanan serta aktivitas fisik merupakan faktor yang dapat mempengaruhi status gizi. Perubahan aktivitas fisik dan konsumsi makanan selama pandemi Covid-19 beresiko menimbulkan masalah gizi lebih pada remaja. Tujuan penelitian ini adalah untuk mengetahui hubungan asupan makanan dan aktivitas fisik dengan status gizi siswa SMP Negeri 1 Lubuk Sikaping di masa pandemi *Coronavirus Disease* (Covid-19).

Metode

Jenis penelitian ini adalah penelitian kuantitatif dengan studi *cross sectional*. Penelitian dilakukan di SMP Negeri 1 Lubuk Sikaping di masa pandemi Covid-19. Besar sampel penelitian ialah sebanyak 75 orang. Data asupan makanan diperoleh menggunakan form *food recall* 24 jam dan data aktivitas fisik menggunakan form *recall* aktivitas fisik. Analisis data dilakukan dengan menggunakan uji korelasi.

Hasil

Hasil penelitian menunjukkan rata-rata nilai IMT/U responden adalah 0,95 SD, rata-rata asupan energi adalah 1.912,7 kkal, rata-rata asupan protein adalah 63,02 gr, rata-rata asupan lemak adalah 70,79 gr, rata-rata asupan karbohidrat adalah 254,52 gr, dan rata-rata skor aktivitas fisik adalah 1,5 kkal/jam. Terdapat korelasi antara asupan energi ($p=0,000$, $r=0,419$), asupan protein ($p=0,001$, $r=0,367$), asupan lemak ($p=0,000$, $r=0,487$), asupan karbohidrat ($p=0,011$, $r=0,292$), dan aktivitas fisik ($p=0,003$, $r=-0,338$) dengan status gizi.

Kesimpulan

Asupan makanan dan aktivitas fisik berhubungan dengan status gizi. Disarankan remaja untuk dapat memperhatikan asupan makanan dengan pedoman gizi seimbang dan meningkatkan aktivitas fisik.

Daftar Pustaka : 73 (1989-2021)

Kata Kunci : Asupan Makanan, Aktivitas Fisik, dan Status Gizi

**FACULTY OF PUBLIC HEALTH
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**THE CORRELATION BETWEEN FOOD INTAKE AND PHYSICAL
ACTIVITY WITH NUTRITIONAL STATUS AMONG STUDENTS OF
JUNIOR HIGH SCHOOL 1 LUBUK SIKAPING DURING CORONAVIRUS
DISEASE 2019 PANDEMIC (COVID-19)**

x + 77 pages, 31 tables, 7 pictures, 8 attachments

ABSTRACT

Objective

Adolescents are an age that is vulnerable to nutritional problems, both undernutrition and overnutrition. Food consumption and physical activity are factors that can affect nutritional status. Changes in physical activity and food consumption during the Covid-19 pandemic are at risk of causing more nutritional problems in adolescents. The purpose of this study was to determine the correlation between food intake and physical activity with the nutritional status of students of SMP Negeri 1 Lubuk Sikaping during the Coronavirus Disease (Covid-19) pandemic.

Methods

This type of research is a quantitative research with a cross-sectional design. The study was conducted at SMP Negeri 1 Lubuk Sikaping during the Covid-19 pandemic. The research sample consisted of 75 respondents. Food intake data was obtained using a 24-hour recall method and physical activity data using a physical activity recall form. Data analysis was performed using a correlation test.

Results

The results showed that nutritional status determined by Body Mass Index for Age (BAZ) of the respondents was 0.95 SD, the average energy intake was 1.912.7 kcal, the average protein intake was 63.02 g, the average fat intake was 70.79 g, the average carbohydrate intake was 254.52 g, and the average physical activity score was 1.5 kcal/hour. There were correlation between energy intake ($p=0.000$, $r=0.419$), protein intake ($p=0.001$, $r=0.367$), fat intake ($p= 0.000$, $r=0.487$), carbohydrate intake ($p= 0.011$, $r=0.292$), and physical activity ($p=0.003$, $r=-0.338$) with nutritional status.

Conclusion

Food intake and physical activity are related to nutritional status. It is recommended that adolescents be able to pay attention to food intake with balanced nutrition guidelines and increase physical activity.

References : 73 (1989-2021)

Keywords : Food Intake, Physical Activity, and Nutritional Status