

ABSTRAK

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HUBUNGAN ASUPAN ENERGI, ZAT GIZI MAKRO, DAN AKTIVITAS FISIK DENGAN KEJADIAN GIZI LEBIH PADA ANAK DI SDN 1 LANDASAN ULIN TIMUR KOTA BANJARBARU

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Gizi lebih disebabkan oleh ketidakseimbangan antara jumlah energi yang diterima dengan kebutuhan tubuh. Jika terus berlanjut dalam jangka waktu lama, obesitas bisa terjadi. Salah satu faktor penyebab kelebihan gizi yaitu faktor perilaku seperti: pola makan, makanan cepat saji dan kurangnya aktivitas fisik. Tujuan penelitian ini untuk mengetahui hubungan asupan energi, zat gizi makro, dan aktivitas fisik dengan kejadian gizi lebih pada anak di SDN 1 Landasan Ulin Timur Kota Banjarbaru. Desain penelitian *observasional* dengan metode *cross sectional study*. Penelitian ini dilakukan di SDN 1 Landasan Ulin Timur pada bulan Mei-Agustus 2024. Sampel terdiri dari 70 responden dengan menggunakan teknik *probability sampling* yaitu *proportionate stratified random sampling*. Pengumpulan data dilakukan dengan menggunakan kuesioner dan pengukuran antropometri (tinggi badan dan berat badan) serta analisis data menggunakan uji korelasi *rank spearman*. Berdasarkan hasil penelitian diketahui sebagian besar responden berusia 10 tahun (51,4%) dan berjenis kelamin laki-laki (52,9%), asupan energi lebih (60%), asupan protein lebih (70%), asupan lemak lebih (95,7%), asupan karbohidrat baik (70%) dan aktivitas fisik kurang (74,3%). Berdasarkan hasil analisis bivariat terdapat hubungan antara asupan protein dan aktivitas fisik dengan kejadian gizi lebih dengan *p-value* < 0,05 dan tidak ada hubungan antara asupan energi, lemak, dan karbohidrat dengan kejadian gizi lebih dengan *p-value* > 0,05. Hasil penelitian ini diharapkan dapat memberikan masukan bagi sekolah dalam pemantauan status gizi anak usia sekolah melalui Program Unit Kesehatan Sekolah.

Kata kunci: Aktivitas fisik, asupan energi, kejadian gizi lebih, zat gizi makro

ABSTRACT

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THE RELATIONSHIP OF ENERGY INTAKE, MACRONUTRIENTS, AND PHYSICAL ACTIVITY WITH THE EVENT OF OVERNUTRITION IN CHILDREN AT SDN 1 LANDASAN ULIN TIMUR, BANJARBARU CITY

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Overnutrition is caused by an imbalance between the amount of energy received and the body's needs. If it continues for a long time, obesity can occur. One of the factors that causes excess nutrition is behavioral factors such as: diet, fast food and lack of physical activity. The aim of this research was to determine the relationship between energy intake, macronutrients and physical activity with the incidence of overnutrition in children at SDN 1 Landasan Ulin Timur, Banjarbaru City. Observational research design with a cross sectional method. This research was conducted at SDN 1 Landasan Ulin Timur in May-August 2024. The sample consisted of 70 respondents using a probability sampling technique, namely proportional stratified random sampling. Data collection was carried out using questionnaires and anthropometric measurements (height and weight) as well as data analysis using the Spearman rank correlation test. Based on the research results, it is known that most of the respondents were 10 years old (51.4%) and male (52.9%), had more energy intake (60%), more protein intake (70%), more fat intake (95.7%), good carbohydrate intake (70%) and less physical activity (74.3%). Based on the results of bivariate analysis, there is a relationship between protein intake and physical activity and the incidence of overnutrition with a p-value < 0.05 and there is no relationship between energy, fat, and carbohydrate intake and the incidence of overnutrition with a p-value > 0.05. It is hoped that the results of this research can provide input for schools in monitoring the nutritional status of school-aged children through the School Health Unit Program.

Keywords: *Energy intake, incidence of overnutrition, macronutrients, physical activity*