

# TINGKAT KONSUMSI MAKANAN ZAT GIZI MAKRO PADA SISWA YANG TINGGAL DI ASRAMA DAN NON ASRAMA DI MAN 1 SEMARANG

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## ABSTRAK

Remaja membutuhkan asupan makanan yang lebih besar daripada masa anak-anak. Khusus pada remaja putri, asupan nutrisi juga dibutuhkan untuk persiapan reproduksi. Sumber energi dalam bahan makanan dapat diperoleh dari zat gizi makro yaitu karbohidrat, lemak dan protein. Penelitian ini bertujuan untuk mengetahui tingkat konsumsi makanan terhadap Tingkat Konsumsi Makanan Zat Gizi Makro Pada Siswa Yang Tinggal di Asrama dan Non Asrama di MAN 1 Semarang.

Penelitian ini merupakan penelitian deskriptif dengan pendekatan *cross sectional*. Jumlah sampel yang di asrama 26 siswa dan non asrama 26 siswa dengan cara pengambilan sampel menggunakan teknik *random sampling* kemudian dilakukan pengambilan sampel dengan cara teknik *matching* berdasarkan jenis kelamin dan usia. Variabel terikat yaitu tingkat konsumsi makanan zat gizi makro sedangkan variabel bebas yaitu asrama dan non asrama. Data di ambil dengan pengukuran antropometri dan *foodrecall* 2x24 jam.

Dari hasil penelitian dinyatakan tingkat konsumsi energi siswa yang tinggal di asrama dengan rerata  $1267,08 \pm 412,45$  kkal sebanyak 80,8% termasuk kategori kurang, tingkat konsumsi protein dengan rerata  $41,19 \pm 12,32$  gram sebanyak 61,5% termasuk kategori kurang, tingkat konsumsi lemak dengan rerata  $35,83 \pm 14,42$  sebanyak 76,9% termasuk kategori kurang, tingkat konsumsi karbohidrat dengan rerata  $228,38 \pm 187,77$  gram sebanyak 61,5% termasuk kategori kurang. Siswa yang non asrama tingkat konsumsi energi dengan rerata  $1484,34 \pm 274,93$  kkal sebanyak 53,8% termasuk kategori kurang, tingkat konsumsi protein dengan rerata  $51,41 \pm 11,94$  gram sebanyak 57,7% termasuk kategori baik, tingkat konsumsi lemak dengan rerata  $47,7 \pm 13,62$  gram sebanyak 61,5% termasuk kategori kurang, tingkat konsumsi karbohidrat dengan rerata  $212,35 \pm 44,78$  gram sebanyak 42,3% termasuk kategori kurang.

Dapat disimpulkan bahwa siswa yang tinggal diasrama dan non asrama rata-rata asupan tingkat konsumsi zat gizi makro masih kurang ini dikarenakan kebiasaan pola makan yang salah, seringkali membeli jajanan daripada mengkonsumsi makanan.

**Kata kunci:** zat gizi makro, siswa asrama, siswa non asrama.

**LEVELS OF MACRO NUTRIENT FOOD CONSUMPTION IN STUDENTS  
LIVING IN DORMITORIES AND NON-DORMITORIES IN MAN 1  
SEMARANG**

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**Abstract**

*Teenagers need greater food intake than childhood-for child preparation. Especially for young women, nutrient intake is also reproduced. Energy sources in food ingredients can be obtained from macro nutrients, namely carbohydrates, fats and proteins. This study aims to measure the level of consumption of macro nutrients in students who live in dormitories and non- dormitories in MAN 1 find out the level of consumption of Semarang.*

*This research is a descriptive study with cross sectional approach. The number of samples boarded by 26 students and non-boarded by 26 students by sampling using random sampling technique then sampling was done by matching technique based on gender and age. The dependent variable is the level of food consumption of macro nutrients while the independent variable are dormitory and non dormitory. The data was taken by anthropometric measurement and food recall 2x24 hours.*

*From the results of the study the level of energy consumption of the students living in dormitories with a mean of 1257,08 +412,45 kcal as much as 80,0% including in the less category, the level of consumption of protein with a mean of 41,19 + 12,32 grams as much as less, the average level of fat consumption was 35,83% + 14,42 as much as 76,9% including in the poor category, the level of carbohydrate consumption was average 228,38 + 187,77 grams which was 61,5% including the category of less. Non dormitory students at the energy consumption level with a mean 1484,34+ 1274,93 kcal as much as 53,8% are in the poor category, the level of consumption of protein with a mean of 51,41 + 11,94 grams as much as 57,7% is good, the level of fat consumption is 47,7 + 13,62 grams as much as 61,5% are in the poor category, the level of consumption of carbohydrate with a mean of 212,35+44,78 grams as much as 42,3% is included in the less category.*

*It can be concluded that students who live in dormitory and non dormitory on average consume low levels of consumption of macro nutrients because of wrong dietary habits, often buying snacks rather than consuming food.*

*Keywords : macro nutrients, dormitory students, non dormitory students*