

PERBEDAAN TINGKAT KECUKUPAN ENERGI, PROTEIN, ZAT BESI DAN STATUS GIZI SISWI SMP SEMESTA BILINGUAL SCHOOL SEMARANG DAN SMPIT PABP SEMARANG

Diva Zahra Rahmatika¹, Agus Sartono², Erma Handarsari³
¹²³Program Studi S1 Gizi Fakultas Ilmu Kesehatan dan Keperawatan
Universitas Muhammadiyah Semarang

Remaja sebagai sumber daya manusia memegang peranan penting dalam pembangunan nasional. Salah satu yang mempengaruhi kualitas remaja adalah status gizi yang baik. Status gizi dapat dinilai dengan pemantauan dan penimbangan berat badan secara teratur. Status gizi dipengaruhi oleh tingkat asupan gizi seperti energi, protein dan zat besi. Tujuan penelitian ini untuk menganalisis perbedaan tingkat kecukupan konsumsi energi, zat besi dan status gizi siswi SMP Semesta Bilingual School Semarang dan SMP IT PABP Semarang.

Jenis penelitian adalah penelitian analitik dengan pendekatan *cross sectional*. Subjek penelitian adalah siswi SMP Semesta Bilingual Boarding School Semarang dan siswi SMP IT PABP Semarang. Jumlah sampel 70 siswi yang terdiri dari 35 siswi SMP Semesta Bilingual School Semarang (Sampling jenuh) dan 35 siswi SMP IT PABP Semarang (*Stratified Random Sampling*). Tingkat kecukupan energi, protein, dan zat besi diukur dengan Recall 24 Jam. Status gizi diukur dengan Indeks Massa Tubuh (IMT). Analisis perbedaan variabel penelitian dilakukan dengan menggunakan uji *Independent T-Test* dan *Mann Whitney*.

Hasil penelitian mengungkapkan bahwa rata-rata tingkat kecukupan energi siswi SMP Semesta Bilingual Boarding School adalah $70.1\% \pm 11.1$ dan siswi SMP IT PABP adalah $67.8\% \pm 8.4\%$. Rata-rata tingkat kecukupan protein siswi SMP Semesta Bilingual Boarding School adalah $76.1\% \pm 12.3\%$ dan siswi SMP IT PABP adalah $65.4\% \pm 11.2\%$. Rata-rata tingkat kecukupan zat besi siswi SMP Semesta Bilingual Boarding School adalah $38.5\% \pm 13.2\%$ dan siswi SMP IT PABP adalah $33.3\% \pm 11.6\%$. Rata-rata status gizi berdasarkan indikator IMT adalah $22.1 \text{ kg/m}^2 \pm 14.1 \text{ kg/m}^2$ normal untuk siswi Semesta Bilingual Boarding School Semarang dan $20.9 \text{ kg/m}^2 \pm 21.0 \text{ kg/m}^2$ normal untuk siswi SMP IT PABP. Tidak ada perbedaan tingkat kecukupan energi ($p=0,279$). Ada perbedaan tingkat kecukupan protein ($p=0,001$). Tidak ada perbedaan tingkat kecukupan zat besi ($p=0,151$). Tidak ada perbedaan status gizi ($p=0,280$).

Kata Kunci: tingkat kecukupan energi, protein, zat besi, status gizi.

DIFFERENCES IN LEVEL OF ENERGY SUFFICIENCY, PROTEIN, IRON AND NUTRITION LEVEL ON STUDENTS AT SMP SEMESTA BILINGUAL SCHOOL SEMARANG AND SMP IT PAPB SEMARANG

Diva Zahra Rahmatika¹, Agus Sartono², Erma Handarsari³
^{1,2,3}Nutrition Science Study Program The Faculty Of Nursing and Health
University Of Muhammadiyah Semarang

Teenagers as human resources play an important role in national development. One that affects the quality of adolescents is good nutritional status. Nutritional status can be assessed by monitoring and weighing regularly. Nutritional status is influenced by the level of nutrient intake such as energy, protein, and iron. The aim of this research is to analyzing differences in level of energy sufficiency, level of iron sufficiency and nutrition level on students at SMP Semesta Bilingual Semarang and SMP IT PAPB Semarang.

The type of research is analytic research with cross sectional approach. The subject of the research was the students of SMP Semesta Bilingual Boarding School Semarang and SMP IT PAPB Semarang. Total sample of 70 female students consisted of 35 SMP Semesta Bilingual School Semarang students (saturated sampling) and 35 SMP IT PAPB Semarang students (Stratified Random Sampling). The level of energy, protein and iron sufficiency is measured by a 24-hour Recall. Nutritional status is measured by Body Mass Index (BMI). Analysis of variable differences in research was conducted using Independent T-Test and Mann Whitney test.

The results revealed that the average energy sufficiency level of the SMP Semesta Bilingual Boarding School students were $70.1\% \pm 11.1$ and the SMP IT PAPB students were $67.8\% \pm 8.4\%$. The average protein adequacy level of SMP Semesta Bilingual Boarding School students were $76.1\% \pm 12.3\%$ and SMP IT PAPB students were $65.4\% \pm 11.2\%$. The average level of iron adequacy of SMP Semesta Bilingual Boarding students were $38.5\% \pm 13.2\%$ and SMP IT PAPB students were $33.3\% \pm 11.6\%$. The average nutritional status based on the BMI indicator was $22.1 \text{ kg/m}^2 \pm 14.1 \text{ kg/m}^2$ normal for SMP Semesta Bilingual Boarding School Semarang students and $20.9 \text{ kg/m}^2 \pm 21.0 \text{ kg/m}^2$ normal for SMP IT PAPB students. There is no difference in the level of energy sufficiency ($p = 0,279$). There is difference in the level of protein sufficiency ($p = 0,001$) There was no difference in the level of iron adequacy ($p = 0.151$). There is no difference in nutritional status $p = 0.280$.

Keywords : Nutrition Level, Level Of Energy Sufficiency, Level Of Protein Sufficiency, Level Of Iron Sufficiency