

Gambaran Status Gizi Pada Remaja Putri Di Pondok Pesantren KH. Sahlan Rosjidi Universitas Muhammadiyah Semarang

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Indonesia mengalami masalah gizi ganda, yaitu masalah gizi kurang dan masalah gizi lebih. Masalah gizi umumnya disebabkan oleh persediaan pangan dan pengetahuan masyarakat tentang gizi menu seimbang dan kesehatan. (Almatsier, 2010) Sebagian besar remaja putri yang bertempat tinggal diasrama yang jauh dari keluarga dan mempunyai kesibukan yang tinggi. Hal tersebut menyebabkan kebanyakan dari mereka memiliki kebiasaan mengonsumsi makanan yang tidak baik, kurang akan jam tidur, dan kurangnya berolahraga. Tujuan dari penelitian ini adalah untuk mengetahui status gizi pada remaja putri di Pondok Pesantren KH. Sahlan Rosjidi Universitas Muhammadiyah Semarang.

Jenis penelitian ini adalah penelitian deskriptif didapatkan dengan teknik pengambilan simple random sampling yaitu sebanyak 67 sampel. Variabel yang diteliti yaitu indeks massa tubuh, lingkaran lengan atas, rasio lingkaran pinggang dan panggul dan persen lemak tubuh. Metode yang digunakan adalah pengukuran antropometri seperti tinggi badan, berat badan, lingkaran lengan atas, lingkaran pinggang, lingkaran panggul dan persen lemak tubuh.

Hasil penelitian menunjukkan rata – rata status gizi berdasarkan Indeks Massa Tubuh yaitu $21,87 \pm 3,64 \text{ kg/m}^2$ dan sebanyak 67,2% remaja putri memiliki kategori normal. Rata – rata status gizi berdasarkan Lingkaran Lengan Atas yaitu $25,56 \pm 2,92 \text{ cm}$ dan sebanyak 80,6% remaja putri memiliki kategori normal. Rata – rata status gizi berdasarkan Rasio Lingkaran Pinggang Panggul yaitu $0,85 \pm 0,06 \text{ cm}$ dan sebanyak 62,7% remaja putri memiliki kategori sedang. Rata – rata status gizi berdasarkan Persen Lemak Tubuh yaitu $26,79 \pm 5,47\%$ dan sebanyak 44,8% remaja putri memiliki kategori sedikit gemuk.

Berdasarkan hasil penelitian, disimpulkan bahwa sebagian besar remaja putri di Pondok Pesantren KH. Sahlan Rosjidi berstatus gizi normal.

Kata Kunci : Status Gizi, IMT, LILA, RLPP, Persen Lemak Tubuh

The Illustration of Teenage Girls nutrition Status in KH. Sahlan Rosjidi Islamic Boarding School University of Muhammadiyah Semarang

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Indonesia experiences multiple nutritional problems, namely the problem of malnutrition and over nutrition problems. Nutritional problems are generally caused by food supplies and people's knowledge about nutrition a balanced menu and health. (Almatsier, 2010). Most of the young women who live in dormitories are far from family and have a high busy life. This causes most of them to have a habit of eating food that is not good, lack of hours of sleep, and lack of exercise. The purpose of this study was to determine the nutritional status of adolescent girls at the Islamic Boarding School in KH. Sahlan Rosjidi Muhammadiyah University Semarang.

The type of this research is descriptive research obtained by taking simple random sampling technique that is as many as 67 samples. The variables studied were body mass index, upper arm circumference, waist and hip ratio and percent body fat. The method used was anthropometric measurements such as height, weight, upper arm circumference, waist circumference, pelvic circumference and percent body fat.

The results showed that the average nutritional status based on the Body Mass Index was $21.87 \pm 3.64 \text{ kg/m}^2$ and 67.2% of female adolescents had a normal category. The average nutritional status based on Upper Arm Circumference is $25.56 \pm 2.92 \text{ cm}$ and 80.6% of female adolescents have a normal category. The average nutritional status was based on Pelvic Waist Ratio which was $0.85 \pm 0.06 \text{ cm}$ and 62.7% of female adolescents had a moderate category. The average nutritional status based on Body Fat Percent is $26.79 \pm 5.47\%$ and as many as 44.8% of adolescent girls have a slightly fat category.

Based on the results of the study, it was concluded that the majority of young women at the Islamic Boarding School in KH. Sahlan Rosjidi has a normal nutritional status.

Keywords: Nutritional Status, BMI, LILA, RLPP, Body Fat Percent