

**Differences in Energy, Protein, Fat, Carbohydrate Adequacy Levels,
Body Image Based on Gender of Kesatrian 2 High School Students in
Semarang**

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ABSTRAC

Gender differences affect the level of energy adequacy level, protein adequacy level, fat adequacy level, and carbohydrate adequacy level, gender also affects body image. The purpose of this study was to determine the differences in the level of adequacy of energy, protein, fat, carbohydrate and body image based on the gender of Kesatrian 2 Semarang High School students

This type of cross sectional study was conducted on students of Kesatrian 2 High School Semarang. The research sample was 73 students using cluster techniques. The level of adequacy of energy, protein, fat, and carbohydrate was collected by using the 2x24 hour recall method, body image was collected by questionnaire. Data analysis using the Independent T Test and Mann Whitney test based on gender.

The average level of energy sufficiency in men was 79.83 + 27.49, in women 62.36 + 25.77, the average level of protein sufficiency in men was 105.19 + 37.45, in women 76.99 + 31, 63, the average level of fat adequacy in men was 59.22 + 26.38, in women 72.89 + 34.33, the average level of carbohydrate adequacy in men was 90.95 + 32.56, in women 57.29 + 24.56, the average perception of body image in men was 82.02 + 31.84, in women 104.97 + 28.75. Independent T Test test there was a difference in the level of energy adequacy based on gender ($p = 0.008$), there was a difference in the level of protein adequacy based on gender ($p = 0,000$), there was a difference in the level of carbohydrate adequacy by gender ($p = 0,000$). The Mann Whitney test had differences in the level of fat adequacy based on gender ($p = 0.031$), and the tone of differences in the perception of body image by gender ($p = 0.005$).

There are differences in the level of adequacy of energy, protein, fat, karbohidrat, body image based on gender

Keywords: energy, protein, fat, carbohydrate, body image, gender

Perbedaan Tingkat Kecukupan Energi, Protein, Lemak, Karbohidrat, Citra Tubuh Berdasarkan Jenis Kelamin Siswa SMA Kesatrian 2 Semarang

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Perbedaan jenis kelamin mempengaruhi tingkat kecukupan energi, tingkat kecukupan protein, tingkat kecukupan lemak, dan tingkat kecukupan karbohidrat, jenis kelamin juga mempengaruhi citra tubuh. Tujuan pada penelitian ini Mengetahui perbedaan tingkat kecukupan energi, protein, lemak, karbohidrat dan Citra Tubuh berdasarkan jenis kelamin siswa SMA Kesatrian 2 Semarang

Jenis penelitian *cross sectional* yang dilakukan pada siswa SMA Kesatrian 2 Semarang. Sampel penelitian 73 siswa dengan menggunakan teknik *cluster*. Tingkat kecukupan energi, protein, lemak, dan karbohidrat dikumpulkan dengan dengan metode *recall 2x24 jam*, Citra tubuh dikumpulkan dengan kuesioner. Analisa data menggunakan uji *Independent T Test* dan uji *Mann Whitney* berdasarkan jenis kelamin.

Rerata tingkat kecukupan energi pada laki-laki $79,83 \pm 27,49$, pada perempuan $62,36 \pm 25,77$, rerata tingkat kecukupan protein pada laki-laki $105,19 \pm 37,45$, pada perempuan $76,99 \pm 31,63$, rerata tingkat kecukupan lemak pada laki-laki $59,22 \pm 26,38$, pada perempuan $72,89 \pm 34,33$, rerata tingkat kecukupan karbohidrat pada laki-laki $90,95 \pm 32,56$, pada perempuan $57,29 \pm 24,56$, rerata persepsi Citra Tubuh pada laki-laki $82,02 \pm 31,84$, pada perempuan $104,97 \pm 28,75$. Uji *Independent T Test* ada perbedaan tingkat kecukupan energi berdasarkan jenis kelamin ($p=0,008$), ada perbedaan tingkat kecukupan protein berdasarkan jenis kelamin ($p=0,000$), ada perbedaan tingkat kecukupan karbohidrat berdasarkan jenis kelamin ($p=0,000$). Uji *Mann Whitney* ada perbedaan tingkat kecukupan lemak berdasarkan jenis kelamin ($p=0,031$), dan ada perbedaan persepsi citra tubuh berdasarkan jenis kelamin ($p=0,005$).

Terdapat perbedaan tingkat kecukupan energi, protein, lemak, kerbohidrat, Citra Tubuh berdasarkan jenis kelamin

Kata kunci: citra tubuh, energi, jenis kelamin, karbohidrat, lemak, protein.