

RELATIONSHIP OF NUTRITION KNOWLEDGE AND LEVEL
MACRO NUTRITION CONSUMPTION WITH NUTRITIONAL
STATUS STUDENTS IN SMAN 1 DAWAN KABUPATEN KLUNGKUNG

ABSTRACT

The cause of the emergence of nutritional problems is nutrition knowledge that affects the level of consumption of nutrients. The purpose of this study was to determine the relationship between knowledge of nutrition and the level of consumption of macro nutrients with nutritional status of students at SMAN 1 Dawan, Klungkung Regency. This type of observational research was designed with Spearman correlation and the number of samples was 88. Data was collected by interview method and anthropometric measurements. Data analysis using Spearman correlation test. The results showed that most nutrition knowledge (65,91%) was sufficient. Most levels of energy consumption are severe deficits (92%). As much as (67,05%) the level of consumption of heavy protein deficits. The level of fat consumption is mostly (88,64%). The level of carbohydrate consumption is mostly (81,85%) heavy deficit. Most nutritional status (69,32%) is normal. The results showed that there was no significant relationship between knowledge of nutrition and nutritional status. There is a significant relationship between the level of consumption of macro nutrients (energy, protein, fat, carbohydrate) and nutritional status.

Keywords: Nutrition Knowledge, Macro Nutrition Substance Level, Nutritional Status

HUBUNGAN PENGETAHUAN GIZI DAN TINGKAT KONSUMSI ZAT GIZI MAKRO DENGAN STATUS GIZI SISWA DI SMAN 1 DAWAN KABUPATEN KLUNGKUNG

ABSTRAK

Penyebab munculnya masalah gizi adalah pengetahuan gizi yang mempengaruhi tingkat konsumsi nutrisi. Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara pengetahuan gizi dan tingkat konsumsi nutrisi makro dengan status gizi siswa di SMAN 1 Dawan, Kabupaten Klungkung. Jenis penelitian observasional ini dirancang dengan korelasi spearman dan jumlah sampel 88. Data dikumpulkan dengan metode wawancara dan pengukuran antropometri. Analisis data menggunakan uji korelasi spearman. Hasil penelitian menunjukkan bahwa sebagian besar pengetahuan gizi (65,91%) sudah cukup. Sebagian besar tingkat konsumsi energi adalah defisit parah (92%). Sebanyak (67,05%) tingkat konsumsi defisit protein berat. Tingkat konsumsi lemak sebagian besar (88,64%). Tingkat konsumsi karbohidrat sebagian besar (81,85%) defisit berat. Sebagian besar status gizi (69,32%) normal. Hasil penelitian menunjukkan bahwa tidak ada hubungan yang signifikan antara pengetahuan gizi dan status gizi. Ada hubungan yang signifikan antara tingkat konsumsi nutrisi makro (energi, protein, lemak, karbohidrat) dan status gizi.

Kata Kunci :Pengetahuan Gizi, Tingkat Konsumsi Zat Gizi Makro, Status Gizi