

# **ANALISIS STATUS DAN KEBUTUHAN GIZI PESERTA DIDIK SEKOLAH MENENGAH ATAS USIA 15-18 TAHUN**

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## **Abstrak**

Tujuan penelitian ini adalah menganalisis status dan kebutuhan gizi siswa kelas X SMAS Karya Wiata Singaraja. Penelitian ini merupakan penelitian deskriptif kuantitatif dengan menggunakan metodologi survei. Berdasarkan hasil penelitian diperoleh hasil status gizi dan kebutuhan siswa kelas X SMAS Karya Wisata Singaraja. Dari 54 siswa yang diteliti, 5 siswa (9%) siswa memiliki status gizi obesitas berat, 32 siswa (59%) siswa memiliki status gizi baik/ideal, 12 siswa (22%) siswa memiliki status gizi yang termasuk kategori kurang berat badan ringan, 2 siswa (4%) siswa memiliki kurang berat badan berat, dan 3 siswa (6%) siswa memiliki status gizi obesitas ringan. Sementara itu, dilihat dari kebutuhan zat gizi makro, kebutuhan gizi karbohidrat rata-rata siswa sebesar 455,94 gram, median sebesar 455 gram, nilai tertinggi sebesar 684 gram, dan nilai terendah sebesar 320 gram. Kebutuhan protein rata-rata adalah 113,99 gram, median adalah 111 gram, tertinggi adalah 171 gram, dan terendah adalah 80 gram. Kebutuhan lemak rata-rata adalah 84,43 gram, mediannya 82 gram, tertingginya 127 gram, dan terendahnya 59 gram. Dengan demikian dapat disimpulkan bahwa status gizi siswa kelas X SMAS Karya Wisata Singaraja masih terdapat beberapa siswa yang belum mencapai gizi optimal yaitu 5 siswa (9%) mengalami obesitas berat, 3 siswa (6%) mengalami obesitas ringan, 12 siswa (22%) mengalami kurus ringan, dan 2 siswa (4%) mengalami kurus berat. Berdasarkan hal tersebut, disarankan kepada guru atau pihak sekolah agar secara berkala melakukan pengukuran status gizi serta memberikan edukasi kepada orang tua tentang pemenuhan gizi harian anak.

**Kata Kunci :** Gizi, Status Gizi, Peserta Didik.

# **ANALYSIS OF THE STATUS AND NUTRITIONAL NEEDS OF HIGH SCHOOL STUDENTS AGED 15-18 YEARS**

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## **Abstract**

The purpose of this study is to analyze the status and nutritional needs of grade X students of SMAS Karya Wiata Singaraja. This research is a quantitative descriptive research using a survey methodology. Based on the results of the research, the results of the nutritional status and needs of class X students of SMAS Karya Wisata Singaraja were obtained. Of the 54 students studied, 5 students (9%) had a severe obesity nutritional status, 32 students (59%) had a good/ideal nutritional status, 12 students (22%) had a nutritional status that included the category of underweight, 2 students (4%) students had underweight weight, and 3 students (6%) students had a mild obesity nutritional status. Meanwhile, judging from the needs of macronutrients, the average carbohydrate nutritional needs of students are 455.94 grams, the median is 455 grams, the highest value is 684 grams, and the lowest value is 320 grams. The average protein requirement is 113.99 grams, the median is 111 grams, the highest is 171 grams, and the lowest is 80 grams. The average fat requirement is 84.43 grams, the median is 82 grams, the highest is 127 grams, and the lowest is 59 grams. Thus, it can be concluded that the nutritional status of class X students of SMAS Karya Wisata Singaraja still has several students who have not reached optimal nutrition, namely 5 students (9%) are severely obese, 3 students (6%) are mildly obese, 12 students (22%) are mildly thin, and 2 students (4%) are severely thin. Based on this, it is recommended to teachers or schools to periodically measure nutritional status and provide education to parents about fulfilling children's daily nutrition.

**Keywords:** Nutrition, Nutritional Status, Students.