

ANALISIS STATUS GIZI DAN KEBUTUHAN KALORI PESERTA DIDIK KELAS VII DI SEKOLAH SMP NEGERI 1 SINGARAJA

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ABSTRAK

Permasalahan gizi ganda pada remaja, yang meliputi gizi kurang, anemia, serta peningkatan gizi lebih dan obesitas, merupakan tantangan kesehatan serius yang berdampak pada kualitas Sumber Daya Manusia (SDM) di Indonesia. Penelitian ini bertujuan untuk menganalisis dan mendeskripsikan status gizi dan kebutuhan kalori peserta didik kelas VII di SMP Negeri 1 Singaraja. Penelitian ini menggunakan pendekatan deskriptif kuantitatif dengan metode survei. Data dikumpulkan melalui pengukuran status gizi (antropometri) dan dianalisis untuk menentukan kategori status gizi kurus, ideal, gemuk, dan obesitas berdasarkan Indeks Massa Tubuh menurut Umur (IMT/U) serta menghitung kebutuhan kalori harian (KKH) peserta didik. Berdasarkan hasil penelitian, diperoleh hasil status gizi dan kebutuhan kalori peserta didik yang belum mencapai status gizi optimal. Dari total 195 peserta didik dengan laki-laki berjumlah 102 orang dan 93 orang perempuan peserta didik, di kategori *underweight* terdapat 108 orang (55%), kategori ideal 75 orang (38%), kategori *overweight* 4 orang (2%), dan kategori *obesity* 8 orang (4%). Sedangkan untuk kebutuhan kalori, rata-rata kebutuhan gizi karbohidrat peserta didik sebesar 1.641 gram, rata-rata kebutuhan lemak sebesar 76 gram, dan kebutuhan protein sebesar 102 gram. Hasil ini diharapkan dapat berfungsi sebagai rekomendasi ilmiah bagi pihak sekolah, keluarga, dan terutama guru PJOK dalam merancang dan menyesuaikan program asupan gizi dan aktivitas fisik yang tepat, guna mendukung perkembangan dan pertumbuhan optimal peserta didik.

Kata Kunci: status gizi, kebutuhan gizi, remaja transisi, pjok, buleleng

ANALYSIS OF NUTRITIONAL STATUS AND CALORIE REQUIREMENTS OF SEVENTH GRADE STUDENTS AT SMP NEGERI 1 SINGARAJA

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ABSTRACT

The issue of double nutrition problems among adolescents, which includes undernutrition, anemia, as well as increased overnutrition and obesity, is a serious health challenge that affects the quality of Human Resources (HR) in Indonesia. This study aims to analyze and describe the nutritional status and calorie needs of seventh-grade students at SMP Negeri 1 Singaraja. This study uses a quantitative descriptive approach with a survey method. Data were collected through measurements of nutritional status (anthropometry) and analyzed to determine categories of underweight, ideal, overweight, and obesity based on Body Mass Index for Age (BMI/A) and to calculate the daily calorie needs of the students. Based on the research results, the nutritional status and calorie requirements of the students have not yet reached optimal nutritional status. Out of a total of 195 students, with 102 males and 93 females, 108 students (55%) were categorized as underweight, 75 students (38%) as ideal, 4 students (2%) as overweight, and 8 students (4%) as obese. As for calorie requirements, the average carbohydrate requirement of the students was 1,641 grams, the average fat requirement was 76 grams, and the protein requirement was 102 grams. These results are expected to serve as a scientific recommendation for schools, families, and especially physical education teachers, in designing and adjusting appropriate nutrition intake and physical activity programs to support the optimal development and growth of the students.

Keywords: nutritional status, nutritional needs, transitional adolescents, physical education, buleleng