

ANALISIS STATUS GIZI DAN KEBUTUHAN KALORI PESERTA DIDIK KELAS 8 DAN 9 DI SEKOLAH SMP NEGERI 1 SINGARAJA

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ABSTRAK

Masyarakat dunia saat ini, menghadapi berbagai jenis masalah gizi. termasuk Indonesia yang hingga saat ini belum terselesaikan masalah gizi yang terjadi. Penelitian ini bertujuan untuk menganalisis status dan kebutuhan kalori peserta didik kelas 8 dan 9 SMP Negeri 1 Singaraja. Jenis penelitian ini merupakan jenis penelitian deskriptif kuantitatif dengan menggunakan metode survei. Penelitian ini dilakukan dengan melakukan pengukuran dan penghitungan status gizi melalui Indeks Massa Tubuh menurut Umur (IMT/U) peserta didik. Kemudian menggolongkan status gizi peserta didik dalam kategori kurus, ideal, gemuk dan obesitas. Berdasarkan hasil penelitian, diperoleh hasil status dan kebutuhan gizi peserta didik yang belum mencapai status gizi optimal. Dari total 325 orang di kategori kurus terdapat 136 orang (42%), kategori normal 144 orang (44 %), kategori gemuk 19 orang (6%) ,kategori obesitas 26 orang (8%). Sedangkan untuk rata-rata kebutuhan kalori sebesar 2,827 kkal/hari, rata- rata kebutuhan kalori karbohidrat peserta didik sebesar 1,696 kkal, rata-rata kebutuhan proteinnya sebesar 424 kkal dan rata-rata kebutuhan lemaknya sebesar 707 kkal. Status gizi peserta didik menunjukkan masih ada 181 peserta didik yang belum mencapai status gizi optimal. Sehingga perlu ada perlakuan dari guru PJOK dalam pemberian tugas gerak tambahan dan dukungan orang tua dalam memberi asupan gizi yang baik.

Kata Kunci : Status Gizi; Kebutuhan Kalori; Indeks Massa Tubuh; Deskriptif Kuantitatif; Peserta Didik Remaja.

**ANALYSIS OF NUTRITIONAL STATUS AND CALORIE NEEDS OF
GRADE 8 AND 9 STUDENTS AT SMP NEGERI 1 SINGARAJA**

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ABSTRACT

The world community today faces various types of nutritional problems. including Indonesia, which until now has not been resolved by the nutritional problems that have occurred. This study aims to analyze the status and calorie needs of 8th and 9th grade students of SMP Negeri 1 Singaraja. This type of research is a type of quantitative descriptive research using the survey method. This research was carried out by measuring and calculating nutritional status through the Body Mass Index by Age (BMI/U) of students. Then classify the nutritional status of students into the categories of thin, ideal, obese and obese. Based on the results of the research, the results of the nutritional status and needs of students who have not reached optimal nutritional status were obtained. Of the total 325 people in the thin category, there were 136 people (42%), the normal category 144 people (44%), the obese category 19 people (6%), and the obesity category 26 people (8%). As for the average calorie requirement of 2,827 kcal/day, the average carbohydrate calorie needs of students are 1,696 kcal, the average protein needs are 424 kcal and the average fat needs are 707 kcal. The nutritional status of students shows that there are still 181 students who have not reached optimal nutritional status. So there needs to be treatment from PJOK teachers in providing additional movement tasks and parental support in providing good nutrition.

Keywords: *Nutritional Status; Calorie Needs; body mass index; Quantitative Descriptive; Adolescent Students.*