

ANALISIS STATUS GIZI DAN KEBUTUHAN KALORI PADA PESERTA DIDIK DI SMP NEGERI 4 TABANAN

Oleh

I Gusti Nyoman Agung Mahadiptha, NIM 2116011054

Jurusan Pendidikan Olahraga

ABSTRAK

Penelitian ini bertujuan untuk mengetahui status gizi dan kebutuhan kalori peserta didik di SMP Negeri 4 Tabanan. Latar belakang penelitian ini berangkat dari belum adanya kegiatan pemantauan status gizi secara sistematis di sekolah, sementara indikasi masalah gizi seperti kelelahan, kurang konsentrasi, dan perubahan berat badan mulai terlihat pada peserta didik. Penelitian ini menggunakan pendekatan deskriptif kuantitatif dengan teknik pengambilan sampel menggunakan rumus Slovin, sehingga diperoleh 120 peserta didik sebagai sampel dari 171 populasi. Data dikumpulkan melalui pengukuran antropometri berupa berat badan dan tinggi badan, kemudian dihitung indeks massa tubuh (IMT) untuk menentukan status gizi. Selain itu, kebutuhan kalori harian dihitung menggunakan rumus *basal metabolic rate* (BMR) berdasarkan jenis kelamin, usia, dan aktivitas fisik peserta didik. Hasil penelitian menunjukkan bahwa sebagian besar peserta didik berada pada kategori gizi kurang, yaitu sebesar 51%. Peserta didik dengan status gizi normal sebesar 38% sedangkan 11% lainnya tergolong dalam berat badan lebih dan obesitas. Rata-rata kebutuhan kalori harian peserta didik adalah sekitar 2.659,52 kkal, dengan komposisi kebutuhan zat gizi makro meliputi karbohidrat 399 gram, lemak 74 gram, dan protein 100 gram per hari. Analisis deskriptif memperlihatkan bahwa ketidakseimbangan antara asupan energi dengan pengeluaran energi menjadi faktor utama variasi status gizi, baik pada peserta didik dengan gizi kurang maupun gizi lebih. Hasil penelitian ini menegaskan pentingnya edukasi gizi seimbang serta kebiasaan makan dan aktivitas fisik yang sesuai kebutuhan energi. Penelitian ini diharapkan dapat menjadi dasar bagi sekolah dalam merancang program pemantauan status gizi, edukasi gizi seimbang, dan pengembangan kebiasaan hidup sehat bagi peserta didik. Peneliti selanjutnya disarankan untuk menambahkan analisis pola makan serta mengkaji hubungan status gizi dengan variabel kebugaran jasmani atau prestasi belajar.

Kata-kata kunci: status gizi, kebutuhan kalori, IMT, BMR

ANALYSIS OF NUTRITIONAL STATUS AND CALORIE REQUIREMENTS OF STUDENTS AT SMP NEGERI 4 TABANAN

By

I Gusti Nyoman Agung Mahadiptha, 2116011054

Department of Sports Education

ABSTRACT

This study aims to determine the nutritional status and calorie needs of students at SMP Negeri 4 Tabanan. The background of this study is based on the lack of systematic nutritional status monitoring activities at the school, while indications of nutritional problems such as fatigue, poor concentration, and weight changes are beginning to be seen in students. This study used a quantitative descriptive approach with a sampling technique using the Slovin formula, resulting in a sample of 120 students from a population of 171. Data were collected through anthropometric measurements of weight and height, then body mass index (BMI) was calculated to determine nutritional status. In addition, daily calorie requirements were calculated using the basal metabolic rate (BMR) formula based on the students' gender, age, and physical activity. The results showed that the majority of students were in the undernourished category, namely 51%. Students with normal nutritional status were 38%, while the other 11% were classified as overweight and obese. The average daily calorie requirement of students was approximately 2,659.52 kcal, with the composition of macronutrient requirements including 399 grams of carbohydrates, 74 grams of fat, and 100 grams of protein per day. Descriptive analysis shows that an imbalance between energy intake and energy expenditure is a major factor in variations in nutritional status, both in undernourished and overnourished students. These results emphasize the importance of balanced nutrition education, as well as dietary habits and physical activity that meet energy needs. This research is expected to provide a basis for schools in designing nutritional status monitoring programs, balanced nutrition education, and developing healthy lifestyle habits for students. Future researchers are advised to include dietary pattern analysis and examine the relationship between nutritional status and physical fitness or academic achievement.

Keywords: nutritional status, calorie requirements, BMI, BMR