

**ANALISIS *BODY MASS INDEX* (BMI) DAN KEBUTUHAN NUTRISI MAKRO
PESERTA DIDIK MTs KALIFA NUSANTARA DENPASAR
TAHUN AJARAN 2025/2026**

Oleh

Muhammad Fikri Pratama, NIM 2216011020

Jurusan Pendidikan Olahraga

ABSTRAK

Penelitian ini bertujuan untuk menganalisis *body mass index* dan kebutuhan gizi peserta didik MTs Kalifa Nusantara Denpasar. Penelitian ini termasuk dalam katagori penelitian dekriptif kuantitatif yang menggunakan metode survey. Populasi dalam penelitian ini adalah seluruh peserta didik di MTs Kalifa Nusantara Denpasar. Subjek penelitian dalam penelitian ini adalah peserta didik MTs Kalifa Nusantara Denpasar yang berjumlah 174 peserta didik, dengan perempuan berjumlah 104 (60%), dan laki-laki berjumlah 70 (40%). Berdasarkan hasil penelitian, diketahui 19 (11%) peserta didik tergolong obesitas berat, 13 (7%) peserta didik obesitas ringan, 71 (41%) memiliki kriteria ideal, 42 (24%) peserta didik tergolong kurus ringan, dan 29 (17%) peserta didik kurus berat. Rata-rata kebutuhan energi peserta didik MTs Kalifa Nusantara Denpasar yang dibutuhkan setiap harinya adalah 2.835,25 kkal. Total kebutuhan energi harian dibagi berdasarkan karbohidrat, protein, dan lemak untuk mengetahui kebutuhan nutrisi makro. Rata-rata kebutuhan karbohidrat sebesar 1.701,15 kkal atau 425,29 gram per hari, untuk kebutuhan rata-rata lemak tercatat sebesar 708,81 kkal atau 78,76 gram per hari, dan kebutuhan protein sebesar 425,29 kkal atau 106,32 gram per hari. Sehingga disimpulkan bahwa peserta didik MTs Kalifa Nusantara Denpasar memiliki *body mass index* tidak ideal, karena kalkulasi keseluruhan kategori diluar ideal (kurus ringan, berat dan obesitas ringan, maupun berat) adalah 59%, sedangkan kategori ideal hanya 41%. Kondisi ini perlu menjadi perhatian, baik peserta didik secara pribadi, guru PJOK, maupun orang tua, agar peserta didik mampu memperoleh gizi yang seimbang sehingga kategori ideal pun tercapai.

Kata Kunci: BMI, Nutrisi Makro, Peserta didik

**ANALYSIS OF *BODY MASS INDEX* (BMI) AND MACRONUTRITION NEEDS
OF STUDENT AT MTs KALIFA NUSANTARA DENPASAR**

ACADEMIC YEAR 2025/2026

By

Muhammad Fikri Pratama, ID 2216011020

Departement of Physical Education

ABSTRACT

This study aims to analyze the body mass index and nutritional needs of students at MTs Kalifa Nusantara Denpasar. This study is included in the quantitative descriptive research category using a survey method. The population in this study were all students at MTs Kalifa Nusantara Denpasar. The research subjects in this study were 174 students at MTs Kalifa Nusantara Denpasar, with 104 (60%) female students and 70 (40%) male students. Based on the results of the study, it was found that 19 (11%) students were classified as severely obese, 13 (7%) students were mildly obese, 71 (41%) had ideal criteria, 42 (24%) students were classified as mildly underweight, and 29 (17%) students were severely underweight. The average daily energy requirement of MTs Kalifa Nusantara Denpasar students is 2,835.25 kcal. The total daily energy requirement is divided based on carbohydrates, proteins, and fats to determine macronutrient requirements. The average carbohydrate requirement is 1,701.15 kcal or 425.29 grams per day, for the average fat requirement recorded at 708.81 kcal or 78.76 grams per day, and the protein requirement at 425.29 kcal or 106.32 grams per day. So it is concluded that MTs Kalifa Nusantara Denpasar students have a non-ideal body mass index, because the overall calculation of the categories outside the ideal (light thin, heavy and mild obesity, and severe) is 59%, while the ideal category is only 41%. This condition needs to be a concern, both for students personally, PJOK teachers, and parents, so that students are able to obtain balanced nutrition so that the ideal category is achieved.

Keyword: BMI, Macronutrition, Student