

ANALISIS *BODY MASS INDEX* (BMI) DAN KEBUTUHAN GIZI MAKRO PESERTA DIDIK DI SMP NEGERI 2 BANGLI

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ABSTRAK

Penelitian ini bertujuan menganalisis *body mass index* dan kebutuhan gizi makro peserta didik SMP Negeri 2 Bangli. Penelitian ini termasuk dalam katagori penelitian dekriptif kuantitatif yang menggunakan metode survey. Populasi dalam penelitian ini merupakan semua peserta didik di SMP negeri 2 Bangli. Sampel dalam penelitian ini ialah peserta didik kelas VII A, C, dan D, Kelas VIII A, E, serta IX A, C yang berjumlah 224 peserta didik, dengan jenis kelamin perempuan berjumlah 96 (43%), dan laki-laki berjumlah 128 (57%). Berdasarkan hasil penelitian, diketahui 21 (10%) peserta didik tergolong kurus berat, 49 (22%) peserta didik kurus ringan, 124 (55%) memiliki BMI normal/ideal, 12 (5%) peserta didik tergolong obesitas ringan, dan 18 (8%) peserta didik obesitas berat. Rata-rata BMI peserta didik adalah 20,54 masuk kategori normal/ideal. Rata-rata kebutuhan energi peserta didik SMP Negeri 2 Bangli yang dibutuhkan setiap harinya adalah 2839,80 kkal. Total kebutuhan energi harian dibagi berdasarkan karbohidrat, protein, dan lemak untuk mengetahui kebutuhan gizi makro. Kebutuhan rata-rata karbohidrat adalah 1703,88 kkal atau 4425,97 gram per hari, kebutuhan rata-rata protein tercatat sebesar 425,97 kkal atau 106,49 gram per hari, dan rata-rata kebutuhan lemak berada di angka 709,95 kkal atau 78,88 gram per hari. Sehingga disimpulkan bahwa rata-rata BMI peserta didik SMP Negeri 2 Bangli adalah ideal/normal dengan nilai BMI 20,54, namun masih terdapat peserta didik dalam kategori BMI tidak normal. Rata-rata kebutuhan gizi makro karbohidrat 4425,97 gram, protein 106,49 lemak 78,88 gram per hari.

Kata Kunci: *Body Mass Index*, Kebutuhan Energi, Kebutuhan Gizi Makro

ANALYSIS OF BODY MASS INDEX (BMI) AND MACRONUTRITIONAL NEEDS OF STUDENTS AT SMP Negeri 2 Bangli

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ABSTRACT

This study aims to analyze the body mass index and macronutrient needs of students at SMP Negeri 2 Bangli. This research is a quantitative descriptive study using a survey method. The population of this study was all students at SMP Negeri 2 Bangli. The sample consisted of 224 students in grades VII A, C, and D, VIII A, E, and IX A, C, with 96 (43%) females and 128 (57%) males. Based on the research results, it was found that 21 (10%) students were classified as severely underweight, 49 (22%) students were mildly underweight, 124 (55%) had a normal/ideal BMI, 12 (5%) students were classified as mildly obese, and 18 (8%) students were severely obese. The average BMI of students was 20.54, which is in the normal/ideal category. The average energy requirement of students at SMP Negeri 2 Bangli each day is 2839.80 kcal. The total daily energy requirement is divided based on carbohydrates, protein, and fat to determine macronutrient requirements. The average carbohydrate requirement is 1703.88 kcal or 4425.97 grams per day, the average protein requirement is recorded at 425.97 kcal or 106.49 grams per day, and the average fat requirement is at 709.95 kcal or 78.88 grams per day. Therefore, it can be concluded that the average BMI of students at SMP Negeri 2 Bangli is ideal/normal, with a BMI of 20.54. However, some students still fall within the abnormal BMI category. The average daily macronutrient requirement is 4425.97 grams of carbohydrates, 106.49 grams of protein, and 78.88 grams of fat.

Keywords: Body Mass Index, Energy Requirements, Macronutrient Requirements

