

**ANALISIS *BODY MASS INDEX* DAN KEBUTUHAN GIZI MAKRO  
PESERTA DIDIK DI SMP NEGERI 4 BANGLI**

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**ABSTRAK**

Studi ini bertujuan untuk menganalisis status gizi dan kebutuhan gizi makro peserta didik SMP Negeri 4 Bangli. Studi ini termasuk dalam katagori penelitian dekriptif kuantitatif dengan metode survey. Populasi pada studi berikut adalah seluruh peserta didik di SMP Negeri 4 Bangli. Teknik sampel yang digunakan adalah *stratified cluster random sampling*, sehingga sampel pada studi berikut ialah peserta didik kelas VII A, C dan D kelas VIII A dan C serta kelas IX A dan D SMP Negeri 4 Bangli yang berjumlah 187 peserta didik. Berdasarkan hasil penelitian, diketahui bahwa dari 187 peserta didik SMP Negeri 4 Bangli yang diselidiki, terdapat 21 siswa (11%) yang tergolong kurus berat, 45 siswa (24%) yang tergolong kurus ringan, 97 siswa (52%) memiliki status gizi normal, 8 siswa (4%) mengidap obesitas ringan, dan 16 siswa (9%) berkategori obesitas berat. Dari segi kebutuhan gizi makro, rerata kebutuhan karbohidrat sejumlah 1.751,66 kkal atau setara dengan 437,92 gram per hari, kebutuhan lemak sejumlah 729,86 kkal atau 81,10 gram, dan kebutuhan protein sejumlah 437,92 kkal atau setara dengan 109,48 gram per hari. Sehingga disimpulkan bahwa mayoritas peserta didik memiliki status gizi normal, namun masih terdapat siswa yang mengalami status gizi tidak normal, baik kekurangan maupun kelebihan gizi. Situasi ini perlu menjadi perhatian, baik di lingkungan sekolah maupun bagi orang tua peserta didik, agar pemenuhan gizi seimbang dan mencapai status gizi yang lebih baik.

Kata Kunci: BMI, Kebutuhan Gizi Makro, Peserta didik

# ANALYSIS OF *BODY MASS INDEX* AND MACRONUTRIENT NEEDS OF STUDENTS AT SMP NEGERI 4 BANGLI

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## ABSTRACT

This study aims to analyze the nutritional status and macronutrient needs of SMP Negeri 4 Bangli students. This study is included in the category of quantitative descriptive research with survey methods. The population in the following study is all participants in SMP Negeri 4 Bangli. The sample technique used is *stratified cluster random sampling*, so that the sample in the following study is students of classes VII A, C and D of classes VIII A and C and classes IX A and D of SMP Negeri 4 Bangli which totals 187 students. Based on the results of the study, it is known that of the 187 students of SMP Negeri 4 Bangli who were investigated, there were 21 students (11%) who were classified as severely thin, 45 students (24%) who were classified as mildly thin, 97 students (52%) had normal nutritional status, 8 students (4%) had mild obesity, and 16 students (9%) were categorized as severely obese. In terms of macronutrient needs, the average carbohydrate requirement is 1,751.66 kcal or equivalent to 437.92 grams per day, fat needs are 729.86 kcal or 81.10 grams, and protein needs are 437.92 kcal or equivalent to 109.48 grams per day. So it was concluded that the majority of students have normal nutritional status, but there are still students who experience abnormal nutritional status, both deficient and overnutritional. This situation needs to be a concern, both in the school environment and for the parents of students, so that the fulfillment of nutrition is balanced and achieves a better nutritional status.

Keywords: BMI, Macro Nutritional Needs, Students