

The Relationship of Breakfast and Physical Activity with Student Nutritional Status at MTs Miftahul Ulum II Lenteng

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ABSTRACT

When entering adolescence, the consumption of nutritional intake must be adequate because eating foods that are not in accordance with the needs of adolescents can cause nutritional problems, namely undernutrition and more nutrition. Based on preliminary studies, students have undernourished or overnourished status, poor breakfast habits and a less proportion of physical activity. As many as 37% of students are undernourished (thinnes), 10% overweight (overweight) and 10% obese (obese). This study aims to analyze the relationship between breakfast and physical activity with the nutritional status of students at MTs Miftahul Ulum II Lenteng. This study design used an analytical observational method with a cross sectional approach. The population in this study was MTs Miftahul Ulum II Lenteng students grade 7 to grade 9. The sample number of 105 students was taken using the Stratified Random Sampling technique. Breakfast variables were studied using breakfast frequency questionnaires. Physical activity variables were investigated using the International Physical Activity Questionnaire (IPAQ). Nutritional status variables were examined using weight scales and height measuring instruments. The collected data was then analyzed using the spearman rank correlation test with $\alpha = 0.05$. The results showed that 13.3% of students never had breakfast and 37.1% of students rarely had breakfast, 54.3% of students had less physical activity, 43.7% of students were malnourished. The results of the relationship test stated that there was a relationship between breakfast ($p = 0.001$) and physical activity ($p = 0.001$) with the nutritional status of students at MTs Miftahul Ulum II Lenteng.

Keywords: breakfast, physical activity, nutritional status, student

Hubungan Sarapan dan Aktivitas Fisik dengan Status Gizi Siswa di Mts Miftahul Ulum II Lenteng

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ABSTRAK

Ketika memasuki masa remaja konsumsi asupan gizi harus memadai karena mengonsumsi makanan yang tidak sesuai dengan kebutuhan remaja dapat menyebabkan masalah gizi yaitu gizi kurang maupun gizi lebih. Berdasarkan studi pendahuluan siswa memiliki status gizi kurang maupun gizi lebih, kebiasaan sarapan kurang baik dan proporsi aktivitas fisik kurang. Sebanyak 37% siswa gizi kurang (*thinnes*), 10% gizi lebih (*overweight*) dan 10% obesitas (*obese*). Penelitian ini bertujuan untuk menganalisis hubungan antara sarapan dan aktivitas fisik dengan status gizi siswa di MTs Miftahul Ulum II Lenteng. Desain penelitian ini menggunakan metode observasional analitik dengan pendekatan *cross sectional*. Populasi pada penelitian ini siswa MTs Miftahul Ulum II Lenteng kelas 7 sampai 9. Jumlah sampel sebanyak 105 siswa diambil dengan teknik *Stratified Random Sampling*. Variabel sarapan diteliti menggunakan kuesioner frekuensi sarapan. Variabel aktivitas fisik diteliti menggunakan *International Physical Activity Questionnaire (IPAQ)*. Variabel status gizi diteliti menggunakan timbangan berat badan dan alat ukur tinggi badan. Data yang terkumpul kemudian dianalisis menggunakan uji korelasi *spearman rank* dengan $\alpha = 0,05$. Hasil penelitian menunjukkan bahwa 13,3% siswa tidak pernah sarapan dan 37,1% siswa jarang sarapan, 54,3% siswa aktivitas fisik kurang, 43,7% siswa mengalami malnutrisi. Hasil uji hubungan menyatakan bahwa terdapat hubungan antara sarapan pagi ($p=0,001$) dan aktivitas fisik ($p=0,001$) dengan status gizi siswa di MTs Miftahul Ulum II Lenteng.

Kata Kunci : Sarapan, Aktivitas Fisik, Status Gizi, Siswa