

**PENGARUH VARIASI KONSUMSI PANGAN TERHADAP STATUS GIZI
PELAJAR KELAS XI SMA PANGUDI LUHUR DAN SMAN 8
YOGYAKARTA**

Siska Monika Handayani
Universitas Sanata Dharma
2016

ABSTRAK

Perkembangan teknologi informasi dan pertumbuhan ekonomi membawa perubahan terhadap berbagai jenis pengolahan makanan yang ada di Indonesia, salah satunya di Yogyakarta. Variasi makanan yang mudah diperolah, sesuai selera dan daya beli salah satunya adalah makanan cepat saji. Mudahnya memperoleh makanan cepat saji mempengaruhi pola makan khususnya remaja yang kerap kali melakukan penyimpangan terhadap kebiasaan makan. Masa remaja termasuk golongan rawan gizi karena pertumbuhan dan perkembangannya sangat cepat sehingga tubuh memerlukan energi dan asupan zat gizi lebih banyak. Tujuan penelitian ini untuk mengetahui bagaimana pengaruh variasi dan frekuensi konsumsi pangan serta variasi konsumsi pangan terhadap status gizi pelajar kelas XI SMA Pangudi Luhur dan SMAN 8 Yogyakarta.

Jenis penelitian yang digunakan adalah deskriptif kuantitatif dengan metode analisis statistik deskriptif dan korelasi *Product Moment Pearson*. Penelitian ini menggunakan data indeks massa tubuh (IMT) dan formulir FFQ (*food frequency questionnaire*) siswa kelas XI SMA Pangudi Luhur dan SMAN 8 Yogyakarta.

Berdasarkan hasil deskriptif kuantitatif, diketahui variasi konsumsi pangan sangat tinggi, selain itu diketahui status gizi siswa sebagai berikut 58% siswa berstatus gizi normal, 10% kurus berat, 12% kurus ringan dan gemuk berat, 8% gemuk ringan. Hasil uji satu sampel Kolmogorov-Smirnov nilai probabilitas status gizi dan variasi konsumsi pangan adalah $> 0,05$ artinya distribusi data normal. Berdasarkan hasil uji Korelasi Product Moment Pearson diketahui signifikansi $0,000 < 0,05$ artinya variasi konsumsi pangan di kalangan pelajar Kelas XI SMA Pangudi Luhur dan SMAN 8 Yogyakarta berpengaruh nyata terhadap status gizi dengan nilai koefisien korelasi r sebesar 0,823 yang berarti hubungan antar dua variabel tersebut sangat kuat.

Kata kunci : variasi konsumsi pangan, IMT, FFQ, status gizi

**THE INFLUENCE OF FOOD CONSUMPTION VARIATION
TOWARD NUTRITIONAL STATUS OF XI GRADES STUDENTS AT SMA
PANGUDI LUHUR AND SMAN 8 YOGYAKARTA**

Siska Monika Handayani
Sanata Dharma University
2016

ABSTRACT

Information technology developments and economic growth brought changes to various types of food processing in Indonesia, including Yogyakarta. The variety of foods that get for example is fast food. The easiness of obtaining fast food affecting the eating pattern, especially for teenagers. Adolescence has a sensitive nutrition for body growth and its development is very fast so that the body requires energy and needs more nutrient. The purpose of this research was to know the influence of foods variety and frequency of food consumption on the nutrition status of XI grades students at SMA Pangudi Luhur and SMAN 8 Yogyakarta

This research is descriptive quantitative research using analysis descriptive statistics and correlations product moment pearson method. This study used body mass index (BMI) data and FFQ form (food frequency questionnaire). The samples of this research were students of XI class at SMA Pangudi Luhur and SMAN 8 Yogyakarta.

Based on the results of quantitative descriptive, it could be seen that food consumption variation was very high. Besides, there were 58% students who had normal nutrition, 10% students were thin weight, 12% students were fat by weight, and 8% students light fat. The result of the first sample used Kolmogorov-Smirnov showed that the probability value of nutritional status and food consumption variation was > 0.05 . This meant that the data distribution was normal. Based on the test results of Pearson Product Moment Correlation, it showed that significance test was $0.000 < 0.05$. This meant that food consumption variation among students of Class XI at SMA Pangudi Luhur and SMAN 8 Yogyakarta were affected toward the nutritional status of the correlation which had coefficient r equal to 0.823 which meant that the relationship between the two variables were very strong.

Keywords: *food consumption variation, BMI, FFQ, nutritional status*