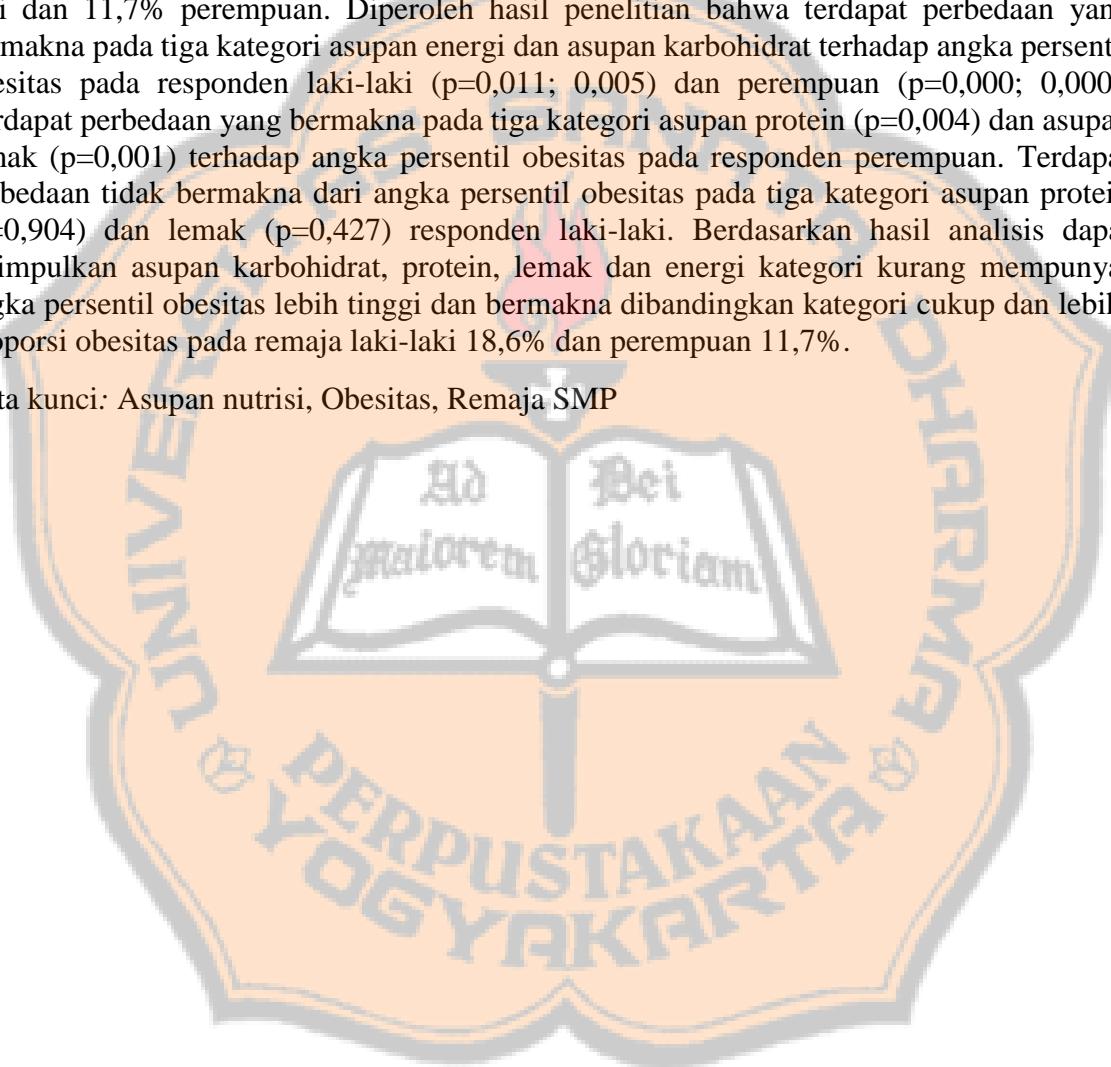


ABSTRAK

Obesitas merupakan ketidaknormalan atau kelebihan akumulasi lemak yang dapat berisiko bagi kesehatan. Tujuan penelitian ini untuk mengetahui proporsi obesitas dan hubungan antara asupan nutrisi dan obesitas pada remaja SMP swasta di Kota Yogyakarta. Penelitian ini merupakan penelitian observasional analitik dengan rancangan penelitian *cross-sectional*. Pengambilan sampel dilakukan secara *cluster random sampling*. Data yang diambil adalah berat badan dan tinggi badan responden, serta data asupan nutrisi menggunakan panduan wawancara *Semi Quantitative Food Frequency Questionnaire* (SQFFQ). Data dianalisis menggunakan uji statistik *Kruskal-Wallis*. Hasil penelitian yang melibatkan 204 responden menunjukkan proporsi obesitas pada remaja sebesar 18,6% laki-laki dan 11,7% perempuan. Diperoleh hasil penelitian bahwa terdapat perbedaan yang bermakna pada tiga kategori asupan energi dan asupan karbohidrat terhadap angka persentil obesitas pada responden laki-laki ($p=0,011$; $0,005$) dan perempuan ($p=0,000$; $0,000$). Terdapat perbedaan yang bermakna pada tiga kategori asupan protein ($p=0,004$) dan asupan lemak ($p=0,001$) terhadap angka persentil obesitas pada responden perempuan. Terdapat perbedaan tidak bermakna dari angka persentil obesitas pada tiga kategori asupan protein ($p=0,904$) dan lemak ($p=0,427$) responden laki-laki. Berdasarkan hasil analisis dapat disimpulkan asupan karbohidrat, protein, lemak dan energi kategori kurang mempunyai angka persentil obesitas lebih tinggi dan bermakna dibandingkan kategori cukup dan lebih. Proporsi obesitas pada remaja laki-laki 18,6% dan perempuan 11,7%.

Kata kunci: Asupan nutrisi, Obesitas, Remaja SMP



ABSTRACT

Obesity is abnormal or excess amount of body fat which can be risky for health. This research aimed to find out obesity proportions and relationships between the nutrient intake and the obesity in the private junior high school adolescents in Yogyakarta. This research was an observational analytical research with cross-sectional design. Cluster random sampling was used as the sampling technique. The respondents' weights and heights and the data of nutrient intake using the Semi-Quantitative Food Frequency Questionnaire (SQFFQ) interview guide were taken as data. The data were analyzed by applying the Kruskal-Wallis test. The research results involving 204 respondents showed that the obesity proportions in the adolescents were 18.6% in boys and 11.7% in girls. Based on the results, there were significant differences between the three categories of energy intake and the carbohydrate intake in the boys' percentile ($p=0,011; 0,005$) and in the girls' ($p=0,000; 0,000$). There were significant differences between the three categories of protein intake ($p=0,004$) and the fat intake ($p=0,001$) in the girls' percentile. Yet, there was no significant difference between the three categories of protein intake ($p=0,904$) and the fat intake ($p=0,427$) in the boys' percentile. In conclusion, the carbohydrate, the protein, the fat, and the energy intake of the low category had the percentile higher and more significant than the adequate and the upper categories. The proportions of the obese adolescent boys and girls were 18.6% and 11.7% respectively.

Keywords: nutrient intake, obesity, junior high school adolescents