

**THE RELATIONSHIP OF ENERGY, PROTEIN, BREAKFAST HABITS AND BODY
IMAGE LEVEL WITH CHRONIC ENERGY LACK IN ADOLESCENT WOMEN IN
KEMAWI VILLAGE, SUMOWONO DISTRICT,
SEMARANG REGENCY**

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ABSTRAK

Background : Adolescents are a group that is prone to nutritional problems, especially chronic energy deficiency. Factors that affect DEC are lack of energy and protein as macronutrients, breakfast habits and body image. This study aims to determine the relationship between the level of energy intake, protein, breakfast habits and body image with chronic energy deficiency in adolescent girls in Kemawi Village, Sumowono District, Semarang Regency. **Method :** This type of research used correlation analytic with cross sectional research design, the total population was 71 young women. The method used is total sampling. The instruments are SQ-FFQ questionnaire sheets, respondent characteristics questionnaire sheets and metyline. Bivariate analysis using spearman rho test (CI = 95%, = 0.05) **Results :** The results showed that respondents who were not at risk of DEC were 27 respondents (60%) and at risk of DEC were 18 respondents (2.2%). The highest energy intake was in the heavy deficit category, 23 respondents (51.1%). The highest protein intake was in the weight deficit category of 19 respondents (42.2%). the most frequent category of breakfast habits is 22 respondents (48.9%). Body image with the most light attention category 25 respondents (55.6%) Bivariate analysis showed that there was a relationship between energy intake ($p = 0.029$), protein intake ($p = 0.005$), and body image ($p = 0.028$) with chronic energy deficiency in adolescents Princess. There is no relationship between breakfast habits (0.622) and chronic energy deficiency in adolescent girls. **Conclusion:** There is a relationship between the level of energy intake, protein, and body image with chronic energy deficiency in adolescent girls in Kemawi Village, Sumwono District, Semarang Regency. There is no relationship between breakfast habits and chronic energy deficiency in adolescent girls in Kemawi Village, Sumowono District, Semarang Regency.

Keywords :energy, protein, breakfast habits, body image, DEC

HUBUNGAN TINGKAT ASUPAN ENERGI, PROTEIN, KEBIASAAN SARAPAN DAN BODY IMAGE DENGAN KEKURANGAN ENERGI KRONIS PADA REMAJA PUTRI DI DESA KEMAWI KECAMATAN SUMOWONO KABUPATEN SEMARANG

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ABSTRAK

Latar Belakang : Remaja merupakan kelompok yang rawan mengalami masalah gizi khususnya kekurangan energi kronis. Faktor yang mempengaruhi KEK yaitu kurangnya energi dan protein sebagai makronutrien, kebiasaan sarapan dan body image. Penelitian ini bertujuan untuk mengetahui hubungan tingkat asupan energi, protein, kebiasaan sarapan dan body image dengan kekurangan energi kronis.

Metode : Jenis penelitian yang digunakan analitik observasional dengan pendekatan *cross sectional*, jumlah populasi sebanyak 71 remaja putri. Metode yang digunakan adalah *total sampling*. Instrumen berupa lembar kuesioner *SQ-FFQ*, lembar kuesioner karakteristik responden dan metyline. Analisis bivariat menggunakan uji *spearman rho* ($CI = 95\%$, $\alpha = 0,05$)

Hasil : Hasil menunjukkan responden yang tidak beresiko KEK sebanyak 27 responden (60 %) dan beresiko KEK sebanyak 18 responden (2,2%). Asupan energi paling banyak kategori defisit berat 23 responden (51,1%). Asupan protein paling banyak kategori defisit berat 19 responden (42,2%). kebiasaan sarapan paling banyak kategori kadang-kadang 22 responden (48,9%). Body image paling banyak kategori perhatian ringan 25 responden (55,6%) Analisis bivariat menunjukkan terdapat hubungan asupan energi ($p = 0,029$), asupan protein ($p = 0,005$), dan body image ($p = 0,028$) dengan kekurangan energi kronis pada remaja putri. Tidak terdapat hubungan kebiasaan sarapan ($0,622$) dengan kekurangan energi kronis pada remaja putri.

Simpulan : Ada hubungan tingkat asupan energi, protein, dan body image dengan kekurangan energi kronis pada remaja putri di Desa Kemawi, Kecamatan Sumwono, Kabupaten Semarang. Tidak ada hubungan kebiasaan sarapan dengan kekurangan energi kronis pada remaja putri di Desa Kemawi, Kecamatan Sumowono, Kabupaten Semarang.

Kata kunci : energi, protein, kebiasaan sarapan, body image, KEK