

**Universitas Ngudi Waluyo**

**Program Studi S1 Gizi**

**Fakultas Kesehatan**

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**Titin Kumala**

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**HUBUNGAN ASUPAN ENERGI ZAT GIZI MAKRO DAN AKTIVITAS FISIK  
DENGAN STATUS GIZI DIMASA PANDEMI COVID-19 PADA REMAJA USIA 15-  
20 TAHUN DI DESA PENDOWO, KECAMATAN BODEH KABUPATEN  
PEMALANG**

**ABSTRAK**

**Latar Belakang** Masa pandemi covid-19 yang terjadi di Indonesia memberikan banyak mengalami perubahan khususnya pada remaja seperti perubahan kebiasaan, perubahan perilaku dan gaya hidup pada remaja berupa perubahan pola makan dan penurunan aktifitas fisik. Tujuan Penelitian ini untuk mengetahui hubungan asupan energi, zat gizi makro dan aktivitas fisik dimasa pandemi covid.19

**Metode Penelitian** Desain penelitian yang digunakan deskriptif korelasi dengan pendekatan *Cross Sectional* dengan teknik *Simple Random Sampling*. *Simple Random Sampling* terdapat 75 responden, instrumen yang digunakan kuesioner *Food Frequency Questionnaires* dan kuesioner aktifitas Fisik *Physical Activity Level*. Analisis yang digunakan Univariat dan analisis Bivariat.

**Hasil** penelitian ini menunjukkan rata-rata responden berjenis kelamin perempuan yang berjumlah 61 (81,3%). Usia responden sebagian besar berusia 17 tahun sejumlah 26 (34,7%) dan status gizi responden sebagian besar masuk kategori gizi baik sejumlah 61 (81,3%), Asupan energi dengan status gizi memiliki tidak ada hubungan ( $p=0,514$ ), asupan protein dengan status gizi tidak terdapat hubungan ( $p=0,792$ ), Asupan lemak dengan status gizi tidak terdapat hubungan ( $p=0,532$ ), asupan karbohidrat dengan status gizi menunjukkan tidak ada hubungan ( $p=0,482$ ) dan aktivitas fisik dengan status gizi menunjukkan tidak ada hubungan ( $p=0,080$ ).

**Kesimpulan** Tidak terdapat hubungan asupan energi, asupan protein, asupan lemak, asupan karbohidrat dan aktivitas fisik

Kata kunci: *Asupan Energi, zat gizi makro, aktivitas fisik*

**Ngudi Waluyo University**

**Undergraduate Nutrition Study Program**

**health faculty**

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**Titin Kumala**

**060117A041**

**CORRELATION OF MACRO NUTRITIONAL ENERGY INTAKE AND PHYSICAL ACTIVITY WITH NUTRITIONAL STATUS DURING THE COVID-19 PANDEMIC IN ADOLESCENT AGES 15-20 YEARS IN PENDOWO VILLAGE, BODEH DISTRICT, PEMALANG REGENCY**

**ABSTRACT**

**Background** The Covid-19 pandemic that occurred in Indonesia gave a lot of experience changes, especially in adolescents like changes in habits, changes in behavior and lifestyle in adolescents in the form of changes in diet and decreased physical activity. The purpose of this study was to determine the relationship between energy intake, macronutrients and physical activity during the COVID-19 pandemic

**Methods** Design The research used is descriptive correlation with the approach *Cross Sectional* with technique *Simple Random Sampling*. *Simple Random Sampling* there are 75 respondents, the instrument used is a questionnaire *Food Frequency Questionnaire* and questionnaire *Physical activity Physical Activity Level*. The analysis used Univariate and Bivariate analysis.

**Results** The results of this study showed that the average female respondents were 61 (81.3%). Most of the respondents aged 17 years were 26 (34.7%) and the nutritional status of the respondents was mostly in the good nutrition category as many as 61 (81.3%), energy intake and nutritional status had no relationship ( $p=0.514$ ), there was no relationship between protein and nutritional status ( $p=0.792$ ), fat intake with nutritional status had no relationship ( $p=0.532$ ), carbohydrate intake with nutritional status showed no relationship ( $p=0.482$ ) and physical activity with nutritional status showed no relationship ( $p=0.080$ ).

**Conclusion** There is no relationship between energy intake, protein intake, fat intake, carbohydrate intake and physical activity

**Keywords:** *Energy intake, macronutrients, physical activity*