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Skripsi, Maret 2025
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**GAMBARAN KEBIASAAN MAKAN, AKTIVITAS FISIK, *BODY IMAGE*, DAN
STATUS GIZI PADA SISWA DI SMK NAHDATUL ULAMA UNGARAN
ABSTRAK**

Latar Belakang: Status gizi remaja di Kabupaten Semarang berdasarkan IMT/U menunjukkan bahwa 1,99% tergolong sangat kurus, 5,04% kurus, 11,4% gemuk, dan 8,92% obesitas, di mana salah satu penyebab utama pola diet tidak sehat pada remaja adalah pandangan yang tidak realistis tentang bentuk tubuh ideal, yang dapat menghambat pertumbuhan dan perkembangan mereka.

Tujuan: Mengetahui gambaran kebiasaan makan, aktivitas fisik, body image, dan status gizi pada siswa di SMK Nahdatul Ulama Ungaran.

Metode: Penelitian ini menggunakan pendekatan *cross-sectional*, jumlah sampel yang digunakan ada sebanyak 63 siswa dan dilakukan pengambilan data pada 17-21 Februari 2025 di SMK NU Ungaran. Analisis data menggunakan analisis univariat untuk memberikan gambaran masing-masing variabel yang dipelajari

Hasil: Sebagian besar responden memiliki asupan energi cukup (35,5%), asupan protein lebih (33,3%), asupan lemak cukup (38,1%), dan asupan karbohidrat lebih (36,5%), sementara kategori defisit paling sedikit pada semua asupan. Tingkat aktivitas fisik didominasi kategori ringan (44,4%), sedangkan aktivitas berat paling sedikit (17,5%). Mayoritas siswa (59,09%) dan siswi (63,16%) tidak khawatir terhadap bentuk tubuh, dengan status gizi baik pada 75,6% responden dan gizi kurang paling sedikit (4,9%).

Simpulan: Sebagian besar responden memiliki asupan energi, protein, lemak, dan karbohidrat dalam kategori cukup atau lebih, dengan tingkat aktivitas fisik dominan dalam kategori ringan. Mayoritas siswa dan siswi tidak memiliki kekhawatiran terhadap bentuk tubuh, serta sebagian besar berada dalam kategori gizi baik berdasarkan IMT/U.

Kata Kunci: Remaja, IMT/U, Body Image, Aktivitas Fisik

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Final Project, March 2025
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**DESCRIPTION OF EATING HABIT, PHYSICAL ACTIVITY, BODY
IMAGE, AND NUTRITIONAL STATUS IN STUDENTS AT SMK.
NAHDATUL ULAMA UNGARAN
ABSTRACT**

Background: The nutritional status of adolescents in Semarang Regency based on BMI by age showed that 1.99% were classified as very thin, 5.04% were thin, 11.4% were fat, and 8.92% were obese, where one of the main causes of unhealthy dietary patterns in adolescents is an unrealistic view of the ideal body shape, which can hinder their growth and development.

Objective: To determine the description of eating habits, physical activity, body image, and nutritional status in students at SMK Nahdatul Ulama Ungaran.

Methods: This study used a cross-sectional approach, the number of samples used was 63 students and data were collected on February 17-21, 2025 at SMK NU Ungaran. Data analysis used univariate analysis to provide an overview of each variable studied.

Results: Most respondents had sufficient energy intake (35.5%), more protein intake (33.3%), sufficient fat intake (38.1%), and more carbohydrate intake (36.5%), while the least deficit category in all intake. The level of physical activity was predominantly light (44.4%), while heavy activity was the least (17.5%). The majority of students (59.09%) and female students (63.16%) were not worried about body shape, with good nutritional status in 75.6% of respondents and the least malnutrition (4.9%).

Conclusion: Most respondents had energy, protein, fat, and carbohydrate intake in the sufficient or more category, with the dominant physical activity level in the light category. The majority of students did not have concerns about body shape, and most were in the good nutrition category based on BMI by age.

Keywords: Teenager, BMI by age, Body Image, Physical Activity