

# HUBUNGAN TINGKAT ASUPAN ENERGI DAN TINGKAT AKTIVITAS FISIK DENGAN STATUS GIZI REMAJA DI SMAN 1 BERGAS KABUPATEN SEMARANG

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## ABSTRAK

**Latar Belakang:** Fenomena masalah gizi pada remaja menjadi perhatian serius di SMA N 1 Bergas, Kabupaten Semarang. Berdasarkan studi pendahuluan, ditemukan bahwa 40% siswa mengalami gizi lebih dan 10% obesitas. Hal ini dipicu oleh tingginya asupan energi dan rendahnya aktivitas fisik, yang disebabkan oleh kebiasaan konsumsi makanan tinggi kalori dan gaya hidup sedentari. Masalah gizi lebih ini dapat meningkatkan risiko penyakit degeneratif di masa depan serta berdampak pada kesehatan fisik dan psikologis remaja.

**Tujuan:** Penelitian ini bertujuan untuk menganalisis hubungan antara tingkat asupan energi dan tingkat aktivitas fisik dengan status gizi pada remaja di SMA N 1 Bergas Kabupaten Semarang.

**Metode:** Penelitian ini menggunakan desain studi korelasional dengan pendekatan **cross sectional**. Sampel sebanyak 88 siswa dipilih menggunakan teknik purposive sampling. Data dikumpulkan melalui wawancara recall 1x24 jam untuk asupan energi, kuesioner IPAQ untuk aktivitas fisik, serta pengukuran antropometri untuk status gizi. Analisis dilakukan dengan uji Kendall Tau.

**Hasil:** Sebanyak 26,1% siswa mengalami gizi lebih. Asupan energi siswa sebagian besar berada pada kategori kurang (57,95%), dan 25% berlebihan. Aktivitas fisik siswa sebagian besar rendah (50%). Hasil uji statistik menunjukkan bahwa terdapat hubungan yang signifikan antara asupan energi dan aktivitas fisik dengan kejadian gizi lebih ( $p < 0,05$ ).

**Kesimpulan:** Terdapat hubungan yang signifikan antara asupan energi dan aktivitas fisik dengan status gizi pada siswa SMA N 1 Bergas. Edukasi mengenai pola makan seimbang dan peningkatan aktivitas fisik perlu ditingkatkan guna mencegah terjadinya masalah gizi di kalangan remaja.

**Kata Kunci:** Asupan energi, aktivitas fisik, status gizi, remaja, SMA N 1 Bergas.

# THE RELATIONSHIP BETWEEN ENERGY INTAKE LEVEL AND PHYSICAL ACTIVITY LEVEL WITH THE NUTRITIONAL STATUS OF ADOLESCENTS AT SMAN 1 BERGAS, SEMARANG REGENCY

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## ABSTRACT

**Background:** The phenomenon of nutritional problems among adolescents has become a serious concern at SMA N 1 Bergas, Semarang Regency. Based on preliminary studies, it was found that 40% of students are overweight and 10% are obese. This is triggered by high energy intake and low physical activity, caused by the consumption of high-calorie foods and a sedentary lifestyle. These nutritional issues can increase the risk of degenerative diseases in the future and impact the physical and psychological health of adolescents.

**Objective:** This study aims to analyze the relationship between energy intake and physical activity levels with nutritional status among adolescents at SMA N 1 Bergas, Semarang Regency.

**Methods:** This research employs a correlational study design with a cross-sectional approach. A sample of 88 students was selected using purposive sampling techniques. Data were collected through a 24-hour recall interview for energy intake, the IPAQ questionnaire for physical activity, and anthropometric measurements for nutritional status. Analysis was conducted using the Kendall Tau test.

**Results:** A total of 26.1% of students were found to be overweight. Most students' energy intake was categorized as insufficient (57.95%), while 25% had excessive intake. The majority of students had low physical activity levels (50%). Statistical tests indicated a significant relationship between energy intake and physical activity with the occurrence of overweight ( $p < 0.05$ ).

**Conclusion:** There is a significant relationship between energy intake and physical activity with nutritional status among students at SMA N 1 Bergas. Education regarding balanced diets and increased physical activity needs to be enhanced to prevent nutritional problems among adolescents.

**Keywords:** Energy intake, physical activity, nutritional status, adolescents, SMA N 1 Bergas.