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**HUBUNGAN ASUPAN ENERGI DAN PROTEIN DENGAN KEJADIAN
KEKURANGAN ENERGI KRONIS (KEK) PADA SISWI
SMA NEGERI 2 UNGARAN**

ABSTRAK

Latar Belakang: Remaja putri rentan mengalami masalah gizi, salah satunya Kekurangan Energi Kronis (KEK) yang dapat berdampak pada kesehatan dan kualitas generasi mendatang. Faktor penyebab KEK antara lain rendahnya asupan energi dan protein dalam jangka panjang.
Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan antara asupan energi dan protein dengan kejadian KEK pada siswi SMA Negeri 2 Ungaran.
Metode: Desain penelitian menggunakan analitik observasional dengan pendekatan cross-sectional. Responden penelitian berjumlah 86 siswi yang dipilih secara *purposive sampling*. Data asupan energi dan protein diperoleh melalui wawancara menggunakan Semi Quantitative Food Frequency Questionnaire (SQ-FFQ), sedangkan status KEK diukur dengan Lingkar Lengan Atas (LILA). Analisis data menggunakan uji Kendall tau.
Hasil: Sebanyak 58,1% responden mengalami KEK. Hasil uji Kendall tau menunjukkan adanya hubungan signifikan antara asupan energi dengan kejadian KEK ($p=0,001$) dan antara asupan protein dengan kejadian KEK ($p=0,001$).
Kesimpulan: Terdapat hubungan yang signifikan antara asupan energi dan protein dengan kejadian KEK pada siswi SMA Negeri 2 Ungaran diperoleh hasil uji Kendall tau dengan $p=0,001$ ($<0,05$).

Kata Kunci: Asupan energi, Asupan protein, KEK, Remaja putri

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**THE RELATIONSHIP BETWEEN ENERGY AND PROTEIN INTAKE
AND THE INCIDENCE OF CHRONIC ENERGY DEFICIENCY AMONG
FEMALE STUDENTS AT SMA NEGERI 2 UNGARAN**

ABSTRACT

Background: Adolescent girls are vulnerable to nutritional problems, one of which is Chronic Energy Deficiency (CED), which can impact the health and quality of future generations. Factors contributing to CED include long-term low energy and protein intake.

Objective: This study aimed to determine the relationship between energy and protein intake and the incidence of CED in female students at SMA Negeri 2 Ungaran.

Methods: The study design used an observational analytic approach with a cross-sectional approach. The study respondents were 86 female students selected using purposive sampling. Data on energy and protein intake were obtained through interviews using the Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ), while CED status was measured by mid-Upper Arm Circumference (MUAC). Data were analyzed using the Kendall's tau test.

Results: 58.1% of respondents experienced CED. The Kendall's tau test showed a significant relationship between energy intake and CED incidence ($p=0.001$) and between protein intake and CED incidence ($p=0.001$).

Conclusion: There is a significant relationship between energy and protein intake and the incidence of CED in female students at SMA Negeri 2 Ungaran, as shown by the Kendall's tau test with $p=0.001$ (<0.05).

Keywords: Energy intake, Protein intake, CED, Adolescent girls