

ABSTRAK

Latar Belakang : Remaja merupakan periode transformasi dari anak-anak ke dewasa yang menyebabkan peningkatan kebutuhan gizi. Sehingga, permasalahan gizi seperti gizi kurang, gizi lebih, dan kekurangan energi kronis rentan terjadi pada remaja putri. Keberagaman pangan berhubungan dengan ketersediaan pangan rumah tangga, sehingga dapat berpengaruh terhadap status gizi. Faktor lain berdampak terhadap status gizi adalah kebiasaan makan. Kebiasaan makan yang buruk dapat menyebabkan peningkatan risiko masalah kesehatan

Tujuan : Penelitian ini ingin mengetahui hubungan antara keberagaman pangan dan kebiasaan makan dengan asupan gizi remaja putri dan hubungan antara asupan gizi dengan status gizi berdasarkan indikator IMT/U dan LLA

Metode : Penelitian ini merupakan penelitian observasional dengan desain studi *cross-sectional*. Subjek diambil menggunakan teknik *cluster random sampling* berjumlah 101 orang. Data diperoleh melalui *food record 2 x 24 jam*. Skor keberagaman pangan menggunakan pedoman *Minimum Dietary Diversity for Women*, Kuesioner *Adolescent Food Habits Checklist* untuk menilai kebiasaan makan, dan pengukuran antropometri meliputi tinggi dan berat badan, serta lingkar lengan atas. Uji statistik *Spearman rank* dipilih dalam penelitian ini.

Hasil : Semakin besar skor kebiasaan makan diikuti dengan peningkatan kecukupan energi, protein, dan lemak. Keberagaman pangan yang tinggi diikuti dengan kecukupan energi dan zat gizi makro. Kemudian, kecukupan zat gizi tersebut diikuti dengan peningkatan nilai *z-score* IMT/U dan lingkar lengan atas.

Kesimpulan : Keberagaman pangan dan kebiasaan makan berhubungan signifikan dengan asupan gizi dan asupan gizi berhubungan secara signifikan dengan status gizi dan risiko kekurangan energi kronis pada remaja putri.

Kata Kunci : Keberagaman Pangan, Kebiasaan Makan, Asupan Gizi, Status Gizi, Kekurangan Energi Kronis, Remaja Putri

ABSTRACT

Background : Adolescence is a period of transformation from childhood to adulthood, which increases nutritional needs. Therefore, adolescents are vulnerable to nutritional problems such as undernutrition, overnutrition, and chronic energy deficiency, particularly in adolescent girls. Dietary diversity is related to household food availability, which can influence nutritional status. Another factor affecting nutritional status is eating habits. Poor eating habits can increase the risk of health problems.

Objective : This study aims to determine the relationship between dietary diversity and eating habits with nutrient intake in adolescent girls, as well as the relationship between nutrient intake and nutritional status based on BMI-for-age and MUAC (Mid-Upper Arm Circumference) indicators.

Method : This research is an observational study with a *cross-sectional* design. The subjects were selected using cluster random sampling, totaling 101 participants. Data were collected through a 24-hour *food recall* and a 2x24-hour *food record*. The dietary diversity score was assessed using the Minimum Dietary Diversity for Women guidelines, eating habits were measured using the Adolescent Food Habits Checklist questionnaire, and anthropometric measurements included body weight, height, and mid-upper arm circumference. The statistical test used was the *Spearman rank* test.

Result : A higher eating habit score is followed by an increase in energy, protein, and fat adequacy. High dietary diversity is followed by adequate energy and macronutrient intake. Then, the adequacy of these nutrients is followed by an increase in BMI-for-age z-scores and upper arm circumference.

Conclusion : There was a significant relationship between dietary diversity and eating habits with nutrient intake, and there was a relationship between nutrient intake and nutritional status and the risk of chronic energy deficiency in adolescent girls.

Keywords : Dietary Diversity, Eating Habits, Dietary Intake, Nutritional Status, Chronic Energy Deficiency, Adolescent Girl.