

INTISARI

Latar Belakang: Remaja merupakan kelompok usia yang rentan terhadap masalah gizi dan gangguan kesehatan jiwa. Ketidakseimbangan status gizi, baik gizi kurang maupun gizi lebih, serta defisiensi mikronutrien seperti zat besi, diduga berperan dalam munculnya depresi melalui mekanisme neurobiologis dan psikososial. Kabupaten Temanggung sebagai wilayah pegunungan memiliki risiko malnutrisi dan anemia yang relatif tinggi, namun data lokal mengenai hubungan status gizi dengan depresi pada remaja masih terbatas.

Tujuan: Menganalisis hubungan antara status gizi dengan tingkat depresi pada remaja di MTs Darul Aman Pingit Pringsurat Temanggung.

Metode: Penelitian ini menggunakan desain potong lintang (*cross-sectional*) pada remaja usia sekolah menengah pertama. Status gizi dinilai menggunakan parameter antropometri meliputi indeks massa tubuh (IMT), *z-score* IMT/U, BB/U, TB/U, lingkaran pinggang, serta kadar hemoglobin. Tingkat depresi diukur menggunakan *Children's Depression Inventory* (CDI). Analisis dilakukan secara bivariat menggunakan uji korelasi dan dilanjutkan analisis multivariat regresi linear.

Hasil: Didapatkan responden berjumlah 78 siswa, 39 laki-laki dan 39 Perempuan, dengan rerata usia sekitar 13,5 tahun. Sebagian besar subjek mengalami gejala depresi: depresi ringan 30,8%, sedang 41%, dan berat 21,8%. Analisis bivariat menunjukkan adanya korelasi positif antara IMT dengan depresi ($r = 0,232$; $p = 0,041$), *z-score* IMT/U dengan depresi ($r = 0,276$; $p = 0,014$), lingkaran pinggang dengan depresi ($r = 0,231$; $p = 0,042$). Sementara kadar hemoglobin berkorelasi negatif dengan depresi ($r = -0,240$; $p = 0,034$). Analisis multivariat menunjukkan IMT ($B = 1,065$; $p = 0,012$) dan kadar hemoglobin ($B = -1,427$; $p = 0,023$) terbukti sebagai prediktor independen yang signifikan terhadap tingkat depresi, dengan nilai koefisien determinasi (R^2) sebesar 0,413.

Kesimpulan: Status gizi, khususnya IMT dan kadar hemoglobin, berhubungan secara signifikan dengan tingkat depresi pada remaja. Temuan ini menegaskan pentingnya pemantauan dan intervensi gizi sebagai bagian dari upaya pencegahan gangguan kesehatan jiwa khususnya depresi pada remaja.

Kata kunci: *Children's Depression Inventory*, depresi, remaja, status gizi.

ABSTRACT

Background: Adolescence is a developmental period that is particularly vulnerable to nutritional problems and mental health disorders. Imbalanced nutritional status, including both undernutrition and overnutrition, as well as micronutrient deficiencies such as iron deficiency, are thought to contribute to the development of depression through neurobiological and psychosocial mechanisms. Temanggung Regency, a mountainous area, has a relatively high risk of malnutrition and anemia; however, local data on the relationship between nutritional status and depression among adolescents remain limited.

Objective: To analyze the association between nutritional status and depression levels among adolescents at MTs Darul Aman Pingit, Pringsurat District, Temanggung Regency.

Methods: This study employed a cross-sectional design involving junior high school-aged adolescents. Nutritional status was assessed using anthropometric parameters, including body mass index (BMI), BMI-for-age z-score, weight-for-age, height-for-age, waist circumference, and hemoglobin levels. Depression levels were measured using the *Children's Depression Inventory* (CDI). Bivariate analyses were conducted using correlation tests, followed by multivariate linear regression analysis.

Results: A total of 78 students participated in this study, comprising 39 males and 39 females, with a mean age of approximately 13.5 years. Most participants exhibited depressive symptoms, with 30.8% classified as mild depression, 41.0% as moderate depression, and 21.8% as severe depression. Bivariate analysis revealed a positive correlation between BMI and depression scores ($r = 0.232$; $p = 0.041$), BMI-for-age z-score and depression ($r = 0.276$; $p = 0.014$), and waist circumference and depression ($r = 0.231$; $p = 0.042$). In contrast, hemoglobin levels were negatively correlated with depression scores ($r = -0.240$; $p = 0.034$). Multivariate analysis demonstrated that BMI ($B = 1.065$; $p = 0.012$) and hemoglobin levels ($B = -1.427$; $p = 0.023$) were significant independent predictors of depression, with a coefficient of determination (R^2) of 0.413.

Conclusion: Nutritional status, particularly BMI and hemoglobin levels, is significantly associated with depression levels among adolescents. These findings highlight the importance of nutritional monitoring and interventions as part of preventive strategies for adolescent mental health problems, especially depression.

Keywords: *Children's Depression Inventory*, depression, adolescents, nutritional status.