

## INTISARI

### GAMBARAN ASUPAN MAKRONUTRIEN DAN *BODY MASS INDEX* (BMI) PADA REMAJA PUTRI PONDOK PESANTREN DI YOGYAKARTA

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**LATAR BELAKANG:** Permasalahan remaja terkait nutrisi terutama asupan makronutrien dapat mempengaruhi status kesehatannya. Remaja putri yang tinggal di pondok pesantren biasanya mendapatkan makanan yang sudah disediakan oleh pihak pondok pesantren. Apabila asupan makronutrien yang didapat tidak sesuai dengan kebutuhan, maka dapat menghambat pertumbuhan dan perkembangan yang optimal pada remaja. Salah satu indikator yang dapat menggambarkan status asupan nutrisi dan kesehatan remaja secara umum adalah *Body Mass Index* (BMI). Kesehatan remaja putri memerlukan perhatian untuk menunjang kesehatan dan kualitas generasi bangsa selanjutnya.

**TUJUAN:** Penelitian ini bertujuan untuk mengetahui gambaran asupan makronutrien dan *Body Mass Index* (BMI) remaja putri pondok pesantren di Yogyakarta, serta mengetahui perbedaan asupan makronutrien pada tiap kategori BMI.

**METODE:** Penelitian ini menggunakan data sekunder yang dikumpulkan dengan desain *cross sectional* kemudian dianalisis dengan metode deskriptif kuantitatif. Subjek penelitian adalah remaja putri pondok pesantren dengan rentang usia 14-18 tahun. Asupan makronutrien dinilai dengan formulir *Food Record* dan *Food Frequency Questionnaire*. *Body Mass Index* (BMI) dihitung menggunakan rumus *Z-score*. Perbedaan asupan makronutrien pada tiap kategori BMI tidak dapat dianalisis menggunakan uji statistik, sehingga dianalisis secara deskriptif dan ditampilkan dengan tabel.

**HASIL:** Sebanyak 90,4% subyek kekurangan asupan karbohidrat, 64,4% kekurangan asupan protein dan 60,3% memiliki asupan lemak yang melebihi kebutuhan individu. Rata-rata asupan karbohidrat sebanyak 57% AKG, asupan protein sebanyak 69% AKG, dan asupan lemak sebanyak 67% AKG. *Body Mass Index* (BMI) sebagian besar subyek (94,8%) dalam rentang normal (-2SD sampai dengan 1SD). Asupan makronutrien pada subyek dengan BMI normal berada di bawah angka kecukupan gizi yang disarankan oleh Kemenkes ( $p < 0,05$ ). Subyek dengan BMI sangat kurus memiliki rata-rata asupan makronutrien yang paling rendah dibanding kelompok BMI lain.

**SIMPULAN:** Asupan makronutrien remaja putri pondok pesantren di Yogyakarta tidak memenuhi angka kecukupan gizi yang ditetapkan oleh Kemenkes. Remaja putri pondok pesantren di Yogyakarta sebagian besar memiliki BMI yang normal.

**KATA KUNCI :** Asupan makronutrien, *Body Mass Index* (BMI), Remaja.

## ABSTRACT

### REPRESENTATION OF MACRONUTRIENT INTAKE AND BODY MASS INDEX (BMI) IN THE TEENAGE GIRLS OF ISLAMIC BOARDING SCHOOL IN YOGYAKARTA

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**BACKGROUND:** Teenagers problems related to nutrition, especially macronutrient intake could affect their health. Female teenagers who live in a boarding school usually get the food that has been provided by the boarding school. If the macronutrient intake obtained does not meet the requirement, it could inhibit optimal growth and development in the teenagers. One indicator that could describe the status of nutritional intake and teenagers health in general is Body Mass Index (BMI). The health of female teenagers needs attention to support the health and quality of future generations.

**OBJECTIVE:** The purpose of this research was to find out the representation of macronutrient intake and Body Mass Index (BMI) in female teenagers of Islamic Boarding Schools in Yogyakarta and also to know the differences in macronutrient intake in each BMI category.

**METHOD:** This study was using secondary data collected with a cross-sectional design and then analyzed by the quantitative descriptive method. The research subjects were female teenagers of Islamic boarding school with age range was between 14-18 years. Macronutrient intake was assessed by the Food Record and Food Frequency Questionnaire forms. Body Mass Index (BMI) was calculated by the Z-score formula. The difference in macronutrient intake in each BMI category couldn't be analyzed by statistical tests, so it was analyzed descriptively and displayed with tables.

**RESULTS:** A total of 90,4% of subjects lacked carbohydrate intake, 64,4% lacked protein intake and 60,3% had a fat intake that exceeded individual needs. The average carbohydrate intake was 57% RDA, protein intake was 69% RDA, and fat intake was 67% RDA. Body Mass Index (BMI) in most subjects (94,8%) in the normal range (-2SD to 1SD). Macronutrient intake in subjects with a normal BMI was below the nutritional adequacy rate suggested by the Ministry of Health ( $p < 0,05$ ). Subjects with very thin BMI had the lowest average macronutrient intake compared to other BMI groups.

**CONCLUSION:** The macronutrient intake of female teenagers of Islamic boarding schools in Yogyakarta does not meet the nutritional adequacy rates suggested by the Ministry of Health. Most female teenagers of Islamic boarding schools in Yogyakarta had normal BMI.

**KEYWORDS :** Macronutrient Intake, Body Mass Index (BMI), Teenagers.