

Penentuan Status Gizi Siswa MTs Nurul Ummah Berdasarkan *Dietary Intakedan Anthropometric Data*; Studi Kasus Di Pondok Pesantren Nurul Ummah Kotagede Yogyakarta

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ABSTRAK

Masa remaja merupakan puncak periode pertumbuhan tubuh seseorang. Madrasah Tsanawiyah Nurul Ummah (MTs NU) Kotagede Yogyakarta merupakan lembaga pendidikan formal setingkat SMP. Siswa MTs NU diharuskan tinggal di Asrama Pelajar Pondok Pesantren Nurul Ummah. Penelitian ini bertujuan untuk mengetahui kondisi status gizi siswa kelas VII, siswa kelas VIII dan siswa kelas IX MTs NU.

Obyek penelitian adalah siswa (putra) MTs NU. Penentuan responden menggunakan teknik sampling acak sederhana. Data asupan makan didapatkan dari *observation of food intakedan food record*. Penentuan status gizi berdasarkan *dietary intake* dan data antropometri.

Hasil penelitian menunjukkan asupan gizi siswa MTs NU berdasarkan rerata indeks energi sebesar 55.10% dari kebutuhan total energi ini dinyatakan 'defisit' asupan energi, karena berada dibawah 70% kebutuhan energi AKG. Indeks protein siswa MTs NU sebesar 58.32% dari kebutuhan protein ini dinyatakan 'defisit' asupan protein karena kurang dari 70% kebutuhan protein AKG. Status gizi siswa MTs NU berdasarkan rerata indeks BB/U sebesar 102.28% ini tergolong 'baik', karena berada di atas 80% standar WHO-NCHS. Status gizi siswa MTs NU berdasarkan rerata indeks TB/U sebesar 100.85% ini tergolong 'baik', karena berada di atas 90% standar WHO-NCHS. Rerata kandungan energi yang tersedia dalam makanan sebesar 2164.66 kkal, rerata asupan energi responden sebesar sebesar 1325 kkal dari rerata kebutuhan energi total sebesar 2480.57 kkal. Rerata kandungan protein yang tersedia dalam makanan sebesar 61.55 gram, rerata asupan protein responden sebesar 41.32 gram dari rerata kebutuhan protein total sebesar 69.84 gram.

Kata Kunci: Penilaian Status Gizi, Asupan Makan, Data Antropometri

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Asessment of Nutritional Status MTs Nurul Ummah StudentsBased Dietary Intake and Anthropometric Data; Case Study inNurul Ummah Islamic Boarding Kotagede Yogyakarta

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ABSTRACT

Adolescence was a peak period of growth person's body. MTs Nurul Ummah (MTs NU) Kotagede Yogyakarta was a junior high formal educational institutions. Student of MTs NUwas required to stay at Student dormitory of Nurul Ummah. This aims of study was to Knowing the nutritional status of students MTs NU based on dietary intakedata, to knowing the nutritional status of students MTs NU based anthropometric data, to knowing the condition of nutrition MTs NU student basedfoodwas provided.

The object of studywas students (male) of MTs NU. Selection of respondents using simple random sampling technique.Dietary intake data obtained from observation of food intake and food record. Determination of nutritional status based on dietary intake data and anthropometry data.

The results showed the nutritional status of students MTs NU based on the average energy index amounted to 55.10% of the total energy requirement was stated 'deficit' energy intake, because it was under 70% of energy needed from AKG. Nutritional status of students MTs NU based on the average protein index amounted to 58.32% of the protein requirement was stated 'deficit', because it was less than 70% of protein needed of AKG. The nutritional status students of MTs NU based on the average index BB/U amounted to 102.28% was classified 'good', because it was above 80% of the standard WHO-NCHS. The nutritional status of students MTs NU based on the average index TB/U amounted to 100.85% was classified 'good', because it was above 90% of the standard WHO-NCHS. The energy content provided in the diet was 2164.66 kcal, the energy intake of respondents amounted to 1325 kcal from the total energy needed by 2480.57 kcal. Average protein content provided in the diet was 61.55 grams, the average protein intake of respondents amounted to 41.32 grams from the total protein requirement of 69.84 grams.

Key Words: Nutritional Status Assessment, Dietary Intake, Anthropometric Data

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