

## HUBUNGAN ASUPAN ZAT GIZI DAN STATUS GIZI DENGAN KETERAMPILAN SISWA SEKOLAH MENENGAH KEJURUAN (SMK) DI KABUPATEN SLEMAN

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### INTISARI

**Latar Belakang** : Masalah gizi pada remaja di Indonesia masih tinggi. Daerah Istimewa Yogyakarta khususnya di Kabupaten Sleman menyumbang prevalensi kurus paling tinggi. Selain pertumbuhan fisik, remaja membutuhkan zat gizi untuk perkembangan kemampuan intelegensi antara lain energi, protein, vitamin C, seng, zat besi dan kalsium. Kurangnya zat gizi dalam tubuh akan mengurangi kemampuan dan konsentrasi belajar siswa. Kekurangan gizi pada anak sekolah akan mengakibatkan lemah, cepat lelah dan sakit-sakitan sehingga anak akan sering absen serta mengalami kesulitan dalam memahami dan mengikuti pelajaran.

**Tujuan Penelitian** : Mengetahui hubungan asupan zat gizi (energi, karbohidrat, protein, lemak, zat besi, vitamin C, seng dan kalsium) dan status gizi dengan keterampilan siswa sekolah menengah kejuruan (SMK) di Kabupaten Sleman.

**Metode Penelitian** : Jenis penelitian ini merupakan jenis penelitian observasional dengan rancangan penelitian *cross-sectional*. Variabel yang diteliti pada penelitian ini adalah asupan zat gizi (energi, karbohidrat, protein, lemak, zat besi, vitamin C, seng dan kalsium) sebagai variabel bebas, Status Gizi sebagai variabel antara dan Keterampilan sebagai variabel terikat. Penelitian dilakukan pada 3 sekolah menengah kejuruan di Kabupaten Sleman.

**Hasil Penelitian** : Tidak ada hubungan antara asupan zat gizi (energi, karbohidrat, protein, lemak, zat besi, vitamin C, seng dan kalsium) dengan keterampilan siswa dengan  $p\ value > 0,05$ , tidak ada hubungan yang signifikan antara asupan zat gizi (energi, karbohidrat, protein, lemak, zat besi, vitamin C, seng dan kalsium) dengan status gizi siswa dengan  $p\ value > 0,05$ , dan tidak ada hubungan yang signifikan antara status gizi siswa dan keterampilan siswa dengan  $p\ value > 0,05$ . Namun, frekuensi sarapan berhubungan signifikan dengan keterampilan ( $p\ value < 0,05$ )

**Kesimpulan** : Hasil penelitian menunjukkan tidak ada hubungan yang signifikan antara asupan zat gizi (energi, karbohidrat, protein, lemak, zat besi, vitamin C, seng dan kalsium) dan status gizi dengan keterampilan siswa sekolah menengah kejuruan (SMK) di Kabupaten Sleman.

**Kata Kunci**: Asupan, Status Gizi, Keterampilan, Siswa Sekolah Menengah Kejuruan

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## RELATIONSHIPS BETWEEN FOOD INTAKE AND NUTRITIONAL STATUS WITH SKILLS VOCATIONAL HIGH SCHOOL (SMK) STUDENTS IN SLEMAN DISTRICT

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### ABSTRACT

**Background** : Nutritional problems in adolescents in Indonesia is still high. Special Region of Yogyakarta, especially in Sleman district accounted for the highest prevalence of underweight. In addition to physical growth, adolescents need nutrients for the development of the ability of intelligence in terms of energy, protein, vitamin C, zinc, iron and calcium. Lack of nutrients in the body reduces the ability and learning concentration of student. Malnutrition among school children will result in weak, tired and sick so the child will often absent and have difficulty in understanding and learning.

**Objective** : To know the relationship between nutrient intake (energy, carbohydrates, protein, fat, iron, vitamin C, zinc and calcium) and nutritional status with skills vocational high school students (SMK) in Sleman district..

**Method** : This research was observational research with cross-sectional study design. Variables examined in this study was the intake of nutrients (energy, carbohydrates, protein, fat, iron, vitamin C, zinc and calcium) as independent variables, the Nutritional Status as an intermediate variable and skills as the dependent variable. The study was conducted at three vocational schools in Sleman district.

**Result** : There was no relationship between intake of nutrients (energy, carbohydrates, protein, fat, iron, vitamin C, zinc and calcium) with skills of students with p value > 0.05, there was no relationship significant between the intake of nutrients (energy, carbohydrates, protein, fat, iron, vitamin C, zinc and calcium) and nutritional status of students with p value > 0.05, and there was no significant relationship between the nutritional status of the student and the student's skills with p value > 0.05. However, the frequency of breakfast was associated significantly with skills (p value < 0.05).

**Conclusion** : Results showed no significant relationships between intake of nutrients (energy, carbohydrates, protein, fat, iron, vitamin C, zinc and calcium) and nutritional status with skills Students Vocational High School (SMK) in Sleman.

**Keywords:** Intake, Nutritional Status, Skills, Vocational High School Students

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