

## INTISARI

**Latar belakang** : Berdasarkan hasil Riset Kesehatan Dasar 2013 prevalensi malnutrisi pada remaja cukup tinggi. Malnutrisi merupakan faktor risiko penting penyebab morbiditas dan mortalitas pada anak. Beberapa penelitian menyatakan bahwa remaja yang tinggal di asrama memiliki risiko lebih tinggi terhadap kekurangan gizi dibandingkan dengan non-asrama, serta adanya masalah dalam penyelenggaraan makan asrama yang belum memenuhi syarat. SMA Islam Terpadu Abu Bakar Yogyakarta merupakan sekolah yang dikelola oleh Lembaga Pendidikan Islam yang menyediakan fasilitas asrama dan non-asrama.

**Tujuan** : Mengetahui perbedaan pola makan dan status gizi siswa SMA IT Abu Bakar yang tinggal di asrama sekolah dengan non-asrama

**Metode** : Penelitian analitik observasional dengan rancangan Cross sectional. Besar sampel sebanyak 122 siswa kelas XI yang tinggal di asrama dan non-asrama dipilih dengan teknik *total sampling*. Sampel yang tinggal di asrama sebanyak 43 perempuan dan 38 laki-laki, dan non-asrama sebanyak 17 perempuan dan 24 laki-laki. Pengumpulan data dilakukan dengan formulir FFQ untuk mengetahui pola makan dan pengukuran tinggi badan dan berat badan untuk menilai status gizi. Data dianalisis dengan uji Chi-Square, Uji Kolmogorov-Smirnov, dan Uji Mann-Whitney.

**Hasil** : Persentase tertinggi frekuensi konsumsi makanan pokok pada kelompok asrama maupun non-asrama adalah  $\geq 3$  kali/hari, protein hewani, protein nabati, sayuran, buah, gula, minyak dengan frekuensi 1-2 kali/hari, serta memiliki tingkat keragaman konsumsi pangan sedang dan konsumsi makanan yang cukup. Persentase tertinggi konsumsi susu pada kelompok asrama adalah 2-3 kali/minggu, sedangkan non-asrama 1-2 kali/hari. Status gizi pada sebagian besar responden asrama maupun non-asrama adalah normal. Hasil uji statistik perbedaan konsumsi makanan pokok adalah  $p=0,476$ , protein hewani  $p=0,307$ , protein nabati  $p=0,326$ , sayuran  $p=0,560$ , buah  $p=0,013$ , susu  $p=0,036$ , gula  $p=0,010$ , minyak  $p=0,631$ , tingkat keragaman konsumsi pangan  $p=0,627$ , konsumsi makanan  $p=0,013$ , serta status gizi  $p=1,000$

**Kesimpulan** : Ada perbedaan yang signifikan pada pola makan berdasarkan frekuensi konsumsi buah, susu, gula, serta konsumsi makanan berdasarkan Skor Konsumsi Pangan, namun tidak ada perbedaan yang signifikan pada frekuensi konsumsi makanan pokok, protein hewani, protein nabati, sayuran, minyak, dan tingkat keragaman konsumsi pangan. Tidak ada perbedaan status gizi yang signifikan pada kelompok asrama dan non-asrama

Kata kunci: Pola makan, Skor Keragaman Konsumsi Pangan, Skor Konsumsi Pangan, status gizi, asrama

## Abstract

**Background:** The result of Basic Health Research in 2013 showed that the prevalence of malnutrition in adolescent was high enough. Malnutrition is an important risk factor causing morbidity and mortality in adolescent. The previous research said that adolescent who lives in boarding had a higher risk for malnutrition than that in non-boarding. Some supporting researches also said that the food service system in the boarding was under the standard. Abu Bakar Integrated Islamic Senior High School Yogyakarta is a school under the management of Islamic Education Institute which provides boarding and non-boarding facilities.

**Objective:** To determine the differences of meals pattern and nutritional status at students who live in boarding and non-boarding in Abu Bakar Integrated Islamic Senior High School Yogyakarta

**Methods:** This study was observational analytic with cross sectional design. The sample size was 122 students of the second grade who live in boarding and non-boarding by total sampling technique. The sample consists of 43 women and 38 men from boarding group, and 17 women and 24 men from non-boarding group. The data were collected using FFQ questionnaire to determine the meals pattern and measurements of height and weight to assess the nutritional status. Data were analyzed by Chi-Square Test, Kolmogorov Smirnov Test, and Mann-Whitney Test.

**Results :** The highest percentage of the consumption of main staples in students who live in boarding and non-boarding was  $\geq 3$  times/day, meat and fish, pulses, vegetables, fruits, sugar, oils were 1-2 times/day, and had a medium level of dietary diversity and acceptable of food consumption. The highest percentage of the consumption of milk in students who live in boarding was 2-3 times/week, while the non-boarding was 1-2 times/day. The nutritional status of the majority of students in boarding and non-boarding school was normal. The result of statistical test of difference of main staples consumption was  $p = 0.476$ , meat and fish  $p = 0.307$ , pulses  $p = 0.326$ , vegetables  $p = 0.560$ , fruits  $p = 0.013$ , milk  $p = 0.036$ , sugar  $p = 0.010$ , oils  $p = 0.631$ , the level of dietary diversity  $p = 0.627$ , food consumption  $p = 0.013$ , and nutritional status  $p = 1,000$

**Conclusion :** There were significant differences in meals pattern based on the frequency of consumption of fruits, milk, sugar, and food consumption based on Food Consumption Score, but there were no significant differences in the frequency of main staples consumption, meat and fish, pulses, vegetables, oils, and the level of dietary diversity. There was no significant difference in the nutritional status of the boarding and non-boarding

**Keywords:** Meals pattern, Dietary Diversity Score, Food Consumption Score, nutritional status, boarding