

## Perbedaan Asupan Makan dan Status Gizi pada Santriwati Remaja yang Berpuasa dan Tidak Berpuasa Senin Kamis di Pondok Pesantren

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### ABSTRAK

**Latar Belakang** : Puasa Senin Kamis merupakan puasa sunah yang dapat membantu mengatur pola makan dan memperbaiki kebiasaan makan pada remaja, termasuk santriwati di pondok pesantren. Pola makan santriwati bergantung pada penyelenggaraan makanan pesantren dan umumnya memiliki aktivitas fisik rendah, sehingga berisiko mengalami status gizi lebih atau obesitas.

**Tujuan** : Menganalisis perbedaan asupan makan dan status gizi antara santriwati remaja yang berpuasa dan tidak berpuasa Senin Kamis di Pondok Pesantren Askhabul Kahfi.

**Metode** : Penelitian observasional-analitik dengan desain *cross-sectional* pada 66 subjek dengan teknik *consecutive sampling*. Data diperoleh melalui pengukuran antropometri dan wawancara, kemudian dianalisis menggunakan uji *Chi-Square*, *Fisher-Exact* dan regresi logistik.

**Hasil** : Uji *Chi-Square* menunjukkan perbedaan signifikan pada kecukupan protein, lingkar pinggang, rasio lingkar pinggang-panggul, aktivitas fisik, dan kualitas tidur ( $p < 0,05$ ). Aktivitas fisik tinggi dan kualitas tidur yang baik banyak ditemukan pada kelompok santriwati yang berpuasa. Santriwati yang tidak berpuasa memiliki peluang lebih kecil mencapai kecukupan zat gizi, namun banyak yang memiliki lingkar pinggang dan rasio lingkar pinggang-panggul berisiko, serta persentase lemak tubuh *overfat* dan hubungannya tidak signifikan ( $p > 0,05$ ).

**Simpulan** : Terdapat perbedaan signifikan pada kecukupan protein, lingkar pinggang, rasio lingkar pinggang-pinggul, aktivitas fisik, dan kualitas tidur antara santriwati yang berpuasa dan tidak berpuasa Senin Kamis.

**Kata Kunci** : asupan makan, puasa Senin Kamis, santriwati, status gizi

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## ***Differences in Food Intake and Nutritional Status Among Adolescent Female Students Fasting and Not Fasting on Mondays and Thursdays at Islamic Boarding School***

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### **ABSTRACT**

**Background** : Monday and Thursday fasting is a Sunnah fast that can help regulate diet and improve eating habits in adolescents, including female students in boarding schools. The diet of female students depends on the organization of islamic boarding school food and generally have low physical activity, making them at risk of overnutrition or obesity.

**Objective** : Analyzed the differences in food intake and nutritional status of adolescent female students fasting and not fasting on Mondays and Thursdays at Pondok Pesantren Askhabul Kahfi

**Methods** : Observational-analytic study with cross-sectional design on 66 subjects with consecutive sampling technique. Data were obtained through anthropometric measurements and interviews, then analyzed using the Chi-Square, Fisher-Exact and Logistic Regression tests.

**Result** : Chi-square test showed significant differences in protein adequacy, waist circumference, waist hip ratio, physical activity and sleep quality ( $p < 0,05$ ). High physical activity and good sleep quality were found in the fasting group. Non-fasting students had a smaller chance of achieving nutrient adequacy, but many had waist circumference and waist-to-hip ratio at risk, as well as overfat body fat percentage and the correlation was not significant ( $p > 0,05$ ).

**Conclusion** : There are significant differences in protein adequacy, waist circumference, waist-hip ratio, physical activity, and sleep quality between Monday-Thursday fasting and nonfasting adolescent female students.

**Keywords** : food intake, Monday and Thursday fasting, adolescent female students, nutritional status

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