

## **Pola Makan, Tingkat Kecukupan Energi dan Zat Gizi Makro, Serta Kaitannya Dengan Status Gizi Santriwati Remaja di Pondok Pesantren Darut Taqwa Semarang**

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### **ABSTRAK**

**Latar Belakang:** Ketidakseimbangan dalam kuantitas dan kualitas makanan yang dikonsumsi dapat menyebabkan sejumlah masalah gizi yang dapat mempengaruhi kesehatan remaja. Status gizi remaja di Indonesia masih menunjukkan prevalensi masalah gizi yang cukup tinggi. Para santri di pondok pesantren yang mayoritas berada pada usia remaja, berisiko mengalami ketidakseimbangan gizi akibat pola makan yang kurang terpantau dan keterbatasan akses terhadap sumber makanan bergizi.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui pola makan, tingkat kecukupan energi dan zat gizi makro, serta kaitannya dengan status gizi santriwati di Pondok Pesantren Darut Taqwa Semarang.

**Metode:** Pendekatan *cross-sectional* digunakan dalam penelitian ini. Subjek penelitian berjumlah 53 responden. Metode *Semi-Quantitatif Food Frequency* (SQ-FFQ) digunakan untuk mengetahui pola makan, tingkat kecukupan energi dan zat gizi makro. Analisis bivariat yang digunakan dalam penelitian adalah uji *Fisher's Exact*.

**Hasil:** Tidak terdapat kaitan pola makan ( $p=1,000$ ), kecukupan energi ( $p=0,423$ ), kecukupan protein ( $p=1,000$ ), kecukupan lemak ( $p=1,000$ ) dan kecukupan karbohidrat ( $p=0,665$ ) dengan status gizi.

**Simpulan:** Tidak adanya kaitan antara pola makan, Tingkat kecukupan energi, dan zat gizi makro dengan status gizi. Mayoritas responden mengonsumsi makanan dengan pola makan yang tidak baik dengan tingkat kecukupan energi dan zat gizi makro yang termasuk dalam kategori defisit.

**Kata Kunci:** Pola Makan, Tingkat Kecukupan Zat Gizi Makro, Status Gizi, Remaja, Santriwati

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# **Dietary Patterns, Energy and Macronutrient Adequacy Levels, and Their Relation to the Nutritional Status of Teenager Female Students at Darut Taqwa Semarang Boarding Schools**

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## **ABSTRACT**

**Background:** Unbalanced food consumption, both in terms of amount and quality, can result in a number of nutritional issues that affect teenagers' health. The frequency of malnutrition and overnutrition among Indonesian adolescents remains quite high. Due to inadequately supervised eating habits and restricted access to nutrient dense food sources, students in Islamic boarding schools the vast majority of whom are teenagers are susceptible to nutritional imbalance.

**Objective:** The purpose of this study is to ascertain the association between the nutritional status of female students at the Darut Taqwa Islamic Boarding School in Semarang and their eating habits, energy levels, and macronutrient adequacy levels.

**Method:** The design of this study was cross-sectional. 53 responders served as the subjects. The Semi-Quantitative Food Frequency (SQ-FFQ) approach was used to measure dietary patterns and energy and macronutrient sufficiency levels. The Fisher's Exact test was used in this study's bivariate analysis.

**Results:** There is no association between dietary pattern ( $p=1,000$ ), energy adequacy ( $p=0,423$ ), protein adequacy ( $p=1,000$ ), fat adequacy ( $p=1,000$ ), and carbohydrate adequacy ( $p=0,665$ ) with nutritional status.

**Conclusion:** There is no association between dietary pattern, energy adequacy level, and macronutrient intake with nutritional status. The majority of respondents consumed food with a poor dietary pattern and had energy and macronutrient intake categorized as deficient.

**Keywords:** Dietary Patterns, Macronutrient Adequacy Levels, Nutritional Status, Teenager, Female Students

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