

**HUBUNGAN PERILAKU MAKAN DAN AKTIVITAS FISIK TERHADAP
INDEKS MASSA TUBUH (IMT) PADA REMAJA PUTRI
UNDERWEIGHT DI SMP NEGERI 1 SUNGAI
KAKAP KABUPATEN KUBU RAYA**

Mega Oktaviana¹, Nur Rahmawati Sholihah²

RINGKASAN

Latar Belakang: Keadaan kurang gizi atau *underweight* pada hakekatnya adalah kurang asupan makanan. Menurut *World Health Organization* (WHO) tahun 2022 prevalensi kekurangan energi kronik (KEK) pada remaja diseluruh dunia mencapai 767 juta orang. Berdasarkan hasil riset dari Survei Status Gizi Indonesia (SSGI) pada tahun 2022 prevalensi angka kejadian KEK di Indonesia sebesar 17,1%. Data provinsi Kalimantan Barat, angka kejadian KEK pada remaja putri mencapai 23%.
Tujuan: Diketuinya hubungan perilaku makan dan aktivitas fisik terhadap indeks massa tubuh (IMT) pada remaja putri *underweight* di SMP Negeri 1 Sungai Kakap Kabupaten Kubu Raya.

Metode: Desain penelitian yang digunakan adalah penelitian *kuantitatif* dengan metode korelatif. Desain penelitian ini menggunakan *cross sectional*. Waktu penelitian 22-26 Mei 2023 dengan jumlah responden sebanyak 56 responden. Teknik sampling yang digunakan yaitu *total sampling*. Analisis univariat menggunakan distribusi frekuensi untuk mengetahui karakteristik responden, sedangkan analisis bivariat untuk mengetahui hubungan antara variabel menggunakan uji *Spearman Rho*.

Hasil: Hasil uji statistik menunjukkan bahwa analisis perilaku makan terhadap IMT dengan nilai *p value* <0.05, artinya ada hubungan yang signifikan antara perilaku makan terhadap aktivitas fisik. Analisis aktivitas fisik terhadap IMT dengan nilai *p value* <0.05, artinya ada hubungan yang signifikan antara aktivitas fisik terhadap IMT.

Kesimpulan: Ada hubungan antara perilaku makan dan aktivitas fisik terhadap IMT pada remaja putri *underweight* di SMP Negeri 1 Sungai Kakap Kabupaten Kubu Raya.

Kata Kunci: Aktivitas Fisik, IMT, Perilaku Makan

¹Mahasiswa Program Studi S-1 Kebidanan Universitas Jenderal Achmad Yani Yogyakarta

²Dosen Program studi S-1 Kebidanan Universitas Jenderal Achmad Yani Yogyakarta

**THE RELATIONSHIP BETWEEN EATING BEHAVIOR AND
PHYSICAL ACTIVITY TO BODY MASS INDEX (BMI) IN
ADOLESCENT WOMEN UNDERWEIGHT AT SUNGAI
1ST STATE JUNIOR HIGH SCHOOLKAKAP
of KUBU RAYA DISTRICT**

Mega Oktaviana¹, Nur Rahmawati Sholihah²

ABSTRACT

Background: The state of malnutrition or underweight is essentially a lack of food intake. According to the World Health Organization (WHO) in 2022 the prevalence of chronic energy deficiency (KEK) in adolescents worldwide reaches 767 million people. Based on research results from the Indonesian Nutrition Status Survey (SSGI) in 2022, the prevalence of CED in Indonesia is 17.1%. Data from the province of West Kalimantan, the incidence of CED in young girls reaches 23%.

Objective: To know the relationship between eating behavior and physical activity on body mass index (BMI) in underweight female adolescents at SMP Negeri 1 Sungai Kakap, Kubu Raya Regency.

Method: The research design uses is quantitative research with correlative methods. This research design uses cross-sectional. Time of research 22-26 May 2023 with a total of 56 respondents. The research uses sampling technique to get the result. Univariate analysis uses the frequency distribution to determine the characteristics of the respondents, while bivariate analysis uses the Spearman Rho test to determine the relationship between variables.

Results: The results of statistical tests showed that the analysis of eating behavior on BMI with a p value <0.05 , means that there is a significant relationship between eating behavior and physical activity. Analysis of physical activity on BMI with a p-value <0.05 , meaning that there is a significant relationship between physical activity and BMI.

Conclusion: There is a relationship between eating behavior and physical activity on BMI in underweight young women at SMP Negeri 1 Sungai Kakap, Kubu Raya Regency.

Keywords: Physical Activity, BMI, Eating Behavior

¹Student of S-1 Midwifery Study Program, Jenderal Achmad Yani University, Yogyakarta

²Lecturer of S-1 Midwifery Study Program, Jenderal Achmad Yani University, Yogyakarta