

GAMBARAN STATUS DAN PRAKTIK GIZI BERDASARKAN MEDIA CAKRAM GIZI PADA REMAJA CALON PENDONOR DARAH DI MADRASAH ALIYAH MAFAZA YOGYAKARTA

Anggun Oktaviani¹, Nur'Aini Purnamaningsih², Nurpuji Mumpuni³

INTISARI

Latar Belakang : Salah satu yang menjadi perhatian dalam menentukan calon pendonor darah adalah status gizi. Berdasarkan studi menyatakan bahwa status gizi berdampak pada kesehatan calon donor. Asupan makanan memiliki peran penting sebagai penentu status gizi seseorang. Indeks Massa Tubuh (IMT) dapat digunakan sebagai patokan untuk mengevaluasi massa tubuh seseorang.

Tujuan Penelitian : Mengetahui gambaran status dan praktik gizi berdasarkan cakram gizi pada remaja calon pendonor darah di Madrasah Aliyah Mafaza Yogyakarta.

Metode Penelitian : Penelitian ini merupakan penelitian deskriptif kuantitatif. Sampel penelitian berjumlah 62 responden di Madrasah Aliyah Mafaza Yogyakarta. Teknik pengambilan data menggunakan *purposive sampling*. Data dianalisis secara deskriptif dan disajikan dalam tabel.

Hasil Penelitian : Karakteristik responden berdasarkan jenis kelamin yang paling banyak adalah perempuan sebanyak 41 orang (66,13%), berdasarkan usia mayoritas responden < 17 tahun sebanyak 40 orang (64,52%), dan berdasarkan kelas mayoritas kelas X sebanyak 43 orang (69,35). status gizi kurang sebanyak 15 orang (24,19%), normal 18 orang (29,03%), gizi lebih sebanyak 21 orang (33,88%), obesitas I sebanyak 7 orang (11,29%), dan obesitas II sebanyak 1 orang (1,61%). Untuk praktik gizi kategori baik sebanyak 4 orang (6,45%), kategori praktik gizi cukup 38 orang (61,29%) dan yang memiliki praktik gizi kurang 20 orang (32,26%).

Kesimpulan : Dari 62 responden mayoritas berjenis kelamin perempuan 41 orang (66,13%), tergolong gizi lebih sebanyak 21 orang (33,88%), dan praktik gizi cukup sebanyak cukup sebanyak 38 orang (61,29%).

Kata Kunci: *Calon Donor, Madrasah Aliyah Mafaza Yogyakarta, Praktik Gizi, Remaja, Status Gizi*

¹ Mahasiswa Prodi Teknologi Bank Darah Universitas Jenderal Achmad Yani Yogyakarta

² Dosen Prodi Teknologi Bank Darah Universitas Jenderal Achmad Yani Yogyakarta

³ Dosen Prodi Teknologi Bank Darah Universitas Jenderal Achmad Yani Yogyakarta

DESCRIPTION OF NUTRITIONAL STATUS AND PRACTICES BASED ON NUTRITION DISC MEDIA IN ADOLESCENT BLOOD DONOR CANDIDATES AT MADRASAH ALIYAH MAFAZA YOGYAKARTA

Anggun Oktaviani¹, Nur' Aini Purnamaningsih², Nurpuji Mumpuni³

ABSTRACT

Background: One of the concerns in determining potential blood donors is nutritional status. Studies have shown that nutritional status has an impact on the health of potential donors. Intake food intake has an important role as a determinant of a person's nutritional status. Index Body Mass Index (BMI) can be used as a benchmark to evaluate a person's body mass.

Objectives: The objective of this study was to describe nutritional status and practices based on nutritional discs in adolescent blood donor candidates at Madrasah Aliyah Mafaza Yogyakarta.

Methods: This research is a quantitative descriptive research the. Research sample amounted to 62 respondents at Madrasah Aliyah Mafaza Yogyakarta. Technique data collection technique using *purposive sampling* Data were analyzed descriptively and presented in tables.in a table.

Results: The characteristics of respondents based on gender are mostly female as many as 41 people (66.13%), based on the age of the majority of respondents < 17 years as many as 40 people (64.52%), and based on the majority class X as many as 43 people (69.35). nutritional status is less as many as 15 people (24.19%), normal 18 people (29.03%), more nutrition as many as 21 people (33.88%), obesity I as many as 7 people (11.29%), and obesity II as many as 1 person (1.61%). For nutritional practices in the good category, there were 4 people (6.45%), 38 people (61.29%) had moderate nutritional practices, and 20 people (32.26%) had poor nutritional practices.

Conclusion: Of the 62 respondents, the majority were female 41 people (66.13%), 21 people (33.88%) were classified as overnourished, and 38 people (61.29%) practiced adequate nutrition.

Keywords: *Potential Donors, Madrasah Aliyah Mafaza Yogyakarta, Nutrition Practices, Adolescents, Nutrition Status*

¹ Blood Bank Technology Study Program Student, Jenderal Achmad Yani University, Yogyakarta

² Lecturer in Blood Bank Technology Study Program, Jenderal Achmad Yani University, Yogyakarta

³ Lecturer in Blood Bank Technology Study Program, Jenderal Achmad Yani University, Yogyakarta