

GAMBARAN KEBIASAAN SARAPAN DAN IMT/U PADA REMAJA PUTRI DI SMP MUHAMMADIYAH 1 YOGYAKARTA

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INTISARI

Latar Belakang: Sarapan merupakan waktu terpenting yang dapat menunjang kemampuan berpikir, bekerja, serta mencegah kekurangan/kelebihan gizi. Pola makan yang teratur, termasuk selalu membiasakan sarapan akan mendapatkan status gizi yang baik dan seimbang. Masih banyak dari mereka yang melewatkan sarapan karena berbagai alasan, terutama pada remaja awal. Dari studi pendahuluan pada 10 siswa putri di SMP Muhammadiyah 1 Yogyakarta, 50% responden mengaku jarang melakukan sarapan setiap harinya. Dan dari hasil pengamatan, sebagian besar yaitu lima orang responden terlihat berbadan gemuk.

Tujuan: Diketuinya gambaran kebiasaan sarapan dan IMT/U pada remaja putri di SMA Muhammadiyah 1 Yogyakarta.

Metode: Penelitian ini merupakan jenis penelitian observasional rancangan deskriptif. Lokasi penelitian di SMP Muhammadiyah 1 Yogyakarta. Waktu penelitian bulan Juli 2016. Populasi sampel ini adalah 78 siswa yang sesuai kriteria inklusi. Pengambilan sampel dengan menggunakan total sampling. Variabel penelitian yaitu dua variabel. Analisis data menggunakan *univariat*.

Hasil: Siswa mayoritas selalu melakukan sarapan sebesar 42,4%, kadang-kadang 33,3%, dan jarang 24,4%. IMT/U pada siswa mayoritas dalam kategori normal sebesar 66,7%, gemuk 15,4%, kurus 12,8%, sangat gemuk 3,8%, dan sangat kurus 1,3%.

Kesimpulan: Sebagian besar remaja putri SMP Muhammadiyah 1 Yogyakarta melakukan sarapan pagi dan hasil pengukuran IMT/U menyatakan sebagian besar responden memiliki IMT dengan kategori normal

Kata Kunci: Kebiasaan Sarapan, IMT/U, Remaja Putri

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FEMALE STUDENT'S BREAKFAST HABITS AND IMT/U AT SMP 1 MUHAMMADIYAH YOGYAKARTA

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ABSTRACT

Background: Breakfast is the most important thing to support the ability to think, work, and prevent deficiency / excess nutrients. In adolescence time, every teenagers want to get the ideal appearance by many ways. A regular diet, including have breakfast habit, will always get a good nutritional status and well-balanced. Many of them lack of knowledge about the benefits of having breakfast time, so they skip the time of breakfast. Based on a preliminary study of 10 female student in SMP 1 Muhammadiyah Yogyakarta, 50% of respondents reported rarely pass up breakfast every day. And from observations, partly big that five people respondents look plump.

Objective: To know the information of female student's breakfast habits and IMT/U at SMP 1 Muhammadiyah Yogyakarta.

Methods: This study is an observational study descriptive non-analytic design with cross-sectional approach. The location is taking place at SMP 1 Muhammadiyah Yogyakarta. The research takes time in July 2016. The sample population was 78 students who match the criteria of inclusion Sampling by using total sampling. The research variables are using two variables and for data analysis is using univariate.

Results: The frequency of majority student's breakfast habitual are 42,4%, 33 in seldom, and 24,4 in rarely. iMT/U of majority students in normal category are 66,7%, 15,4% in fat category, 12,8 in thin category, 3,8 in very fat category, and 1,3% in very thin category.

Conclusion: The majority students' of SMP 1 Muhammadiyah Yogyakarta have a breakfast and from the measurement result of IMT/U declared that the majority of respondents had a normal IMT category.

Keywords: Breakfast Habits, IMT/U, female students

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