

GAMBARAN STATUS GIZI REMAJA PUTRI BERDASARKAN IMT/U
DI SMA N 1 GAMPING, KABUPATEN SLEMAN
YOGYAKARTA

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INTISARI

Latar Belakang: Kurang gizi merupakan masalah yang ditemukan pada remaja perempuan “kurus itu indah” merupakan masalah penting, karena seorang wanita yang kurang gizi akan lebih mudah mengalami gangguan kesehatan.

Tujuan Penelitian: Mengetahui gambaran status gizi remaja putri berdasarkan IMT/U di SMAN 1 Gamping

Metode Penelitian: Merupakan penelitian observasional dengan rancangan *deskriptif*. Sampel diambil dengan teknik *stratified random sampling* yaitu siswi kelas X dan XI di SMAN 1 Gamping Sleman Yogyakarta, dengan jumlah 60 siswi sesuai kriteria inklusi dan eksklusi. Analisis data menggunakan univariabel. Pengambilan data dengan pengukuran BB dan TB.

Hasil: Status gizi remaja putri berdasarkan IMT/U di SMAN 1 Gamping sebagian besar adalah normal sebanyak 46 siswi (76,7%), sedangkan status gizi sangat kurus sebanyak 2 siswa (3,3%) dan status gizi obes sebanyak 3 siswa (5%)

Kesimpulan: Berdasarkan hasil penelitian status gizi remaja putri berdasarkan IMT/U di SMAN1 Gamping sebagian besar normal.

Kata Kunci: Status gizi remaja, IMT/U

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OVERVIEW OF THE NUTRITIONAL STATUS OF FEMALE STUDENTS
BASED ON BMI/A IN SENIOR HIGH SCHOOL 1 GAMPING, SLEMAN
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ABSTRACT

Background: thin is a nutrients problem found in female students “skinny is beautiful”. Malnutrition is an important issue, because a woman is malnourished it will easily experience health problems.

Objective: to know the description of nutritional status female students of Senior High School 1 Gamping

Methods: this study was an observational study with descriptif design. Samples were taken a strified random sampling technique on female students in grade 1 and 2 in Senior High School 1 Gamping Sleman Yogyakarta. The sample size was 60 female students who met the inclusion and exclusion criteria. Analysis of data used univariable.

Results: nutritional status of female students by IMT/U in Senior High School 1 Gamping mostly normal as 46 students (76,7%), while the nutritional studen of underweight as 2 students (3,3%) and nutritional studen of the obesity as much as 3 students (5%).

Conclusion: overview of research results nutritional status of female students by IMT/U in Senior High School 1 Gamping mostly in normal category.

Key words: nutritional status of female students, BMI/A

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