

# HUBUNGAN INDEKS MASSA TUBUH (IMT) DENGAN KEJADIAN KEKURANGAN ENERGI KRONIK (KEK) DI SMA ISLAM 1 SLEMAN TAHUN 2024

Setya Masati<sup>1</sup>, Nur Rahmawati Sholihah<sup>2</sup>

Email : [Setyamasati09@gmail.com](mailto:Setyamasati09@gmail.com)

## INTISARI

**Latar Belakang:** Mayoritas remaja tidak memperhatikan asupan yang dikonsumsi, sehingga menyebabkan permasalahan gizi pada remaja. Penyakit yang dikenal sebagai defisit energi kronik terjadi ketika seseorang tidak makan selama periode waktu bertahun-tahun yang menyebabkan masalah kesehatan. Salah satu masalah pola makan di Indonesia menyebabkan kurang energi kronik (KEK). Salah satu cara untuk mengatasi status gizi dengan melihat indeks massa tubuh (IMT). Hasil studi pendahuluan dilakukan di SMA Islam 1 Sleman, didapatkan 7 siswi (53,84%) siswi yang mengalami status gizi sangat kurus dan 2 siswi (15,38%) mengalami status gizi kurus serta 9 siswi (69,23%) siswi yang mengalami lingkaran lengan <23,5 cm.

**Tujuan:** Untuk mengetahui hubungan indeks massa tubuh (IMT) dengan kejadian kekurangan energi kronik (KEK) di SMA Islam 1 Sleman.

**Metode:** Menggunakan metode kuantitatif dengan menggunakan desain *cross sectional study*. Jumlah responden sebanyak 48 siswi dengan teknik total sampling. Data yang diambil adalah berat badan, tinggi badan dan lingkaran lengan siswi. Analisis univariat menggunakan distribusi frekuensi. Analisis bivariat menggunakan uji *chi square*. Uji analisis menggunakan Microsoft Excel dan aplikasi SPSS 27.

**Hasil:** Analisis bivariat antara Indeks Massa Tubuh (IMT) dengan kejadian Kekurangan Energi Kronik (KEK) dengan nilai  $p$  value = 0,008 ( $p < 0,05$ ).

**Kesimpulan:** Terdapat hubungan antara Indeks Massa Tubuh (IMT) dengan kejadian Kekurangan Energi Kronik (KEK) di SMA Islam 1 Sleman.

**Saran:** Diharapkan bagi Puskesmas dapat memberikan penyuluhan dan program kesehatan mengenai pencegahan gizi buruk.

**Kata Kunci:** Remaja, Indeks Massa Tubuh (IMT), Kekurangan Energi Kronik (KEK)

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<sup>1</sup>Mahasiswa Kebidanan Fkes Universitas Jenderal Achmad Yani Yogyakarta

<sup>2</sup>Dosen Kebidanan Fkes Universitas Jenderal Achmad Yani Yogyakarta

**THE RELATIONSHIP OF BODY MASS INDEX (BMI) AND  
THE EVENT OF CHRONIC ENERGY DEFICIENCY (KEK)  
AT ISLAM 1 SMA SLEMAN IN 2024**

Setya Masati<sup>1</sup>, Nur Rahmawati Sholihah<sup>2</sup>  
Email : [Setyamasati09@gmail.com](mailto:Setyamasati09@gmail.com)

**ABSTRACT**

**Background:** The majority of teenagers do not pay attention to the intake they consume, thus causing nutritional problems in teenagers. The disease known as chronic energy deficit occurs when a person does not eat for a period of years which causes health problems. One of the dietary problems in Indonesia is chronic energy deficiency (CED). One way to address nutritional status is by looking at body mass index (BMI). The results of a preliminary study conducted at Islamic High School 1 Sleman, found that 7 female students (53.84%) experienced very thin nutritional status and 2 female students (15.38%) experienced thin nutritional status and 9 female students (69.23%) who had an arm circumference <23.5 cm.

**Objective:** This study aims to determine the relationship between body mass index (BMI) and the incidence of chronic energy deficiency (KEK) at SMA Islam 1 Sleman.

**Methods:** This research uses quantitative methods using a cross sectional study design. The number of respondents was 48 female students using total sampling technique. The data taken is the student's body weight, height, arm circumference. Univariate analysis uses frequency distribution. Bivariate analysis uses the chi square test. Test the analysis using Microsoft Excel and the SPSS 27 application.

**Results:** Based on the results of bivariate analysis between Body Mass Index (BMI) and the incidence of Chronic Energy Deficiency (KEK) with  $p$  value = 0.008 ( $p < 0.05$ ).

**Conclusion:** It can be concluded that there is a relationship between Body Mass Index (BMI) and the incidence of Chronic Energy Deficiency (KEK) with a fairly high correlation strength.

**Suggestion:** It is hoped that community health centers can provide education and health programs regarding the prevention of malnutrition.

**Keywords:** Adolescents, Body Mass Index (BMI), Chronic Energy Deficiency (KEK)

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<sup>1</sup>Student at Midwifery Study Program, Faculty of Health Sciences, Universitas Jenderal Achmad Yani Yogyakarta

<sup>2</sup>Lecturer at Midwifery Study Program, Faculty of Health Sciences, Universitas Jenderal Achmad Yani Yogyakarta