

INTISARI

Latar Belakang : Underweight yaitu masalah gizi yang sering terjadi pada remaja, terutama remaja putri yang selalu menginginkan tubuh ramping. Berdasarkan data Riskesdas (2018), pada Kabupaten Katingan, prevalensi remaja underweight pada kelompok umur 13-15 tahun yaitu sebesar 2,88%, dan umur 16-18 tahun sebesar 9,16%, dengan urutan pertama tertinggi di Provinsi Kalimantan Tengah pada tahun 2018. **Tujuan** : Tujuan penelitian adalah untuk mengetahui gambaran pengetahuan tentang gizi seimbang serta asupan energi dan protein pada remaja putri underweight di SMA Katingan Tengah. **Metode Penelitian** : Penelitian ini menggunakan penelitian deskriptif. Sampel yang digunakan yaitu 12 orang remaja putri underweight di SMA Katingan Tengah. Pengumpulan data pengetahuan tentang gizi seimbang diperoleh melalui kuesioner berupa angket, asupan energi dan protein diperoleh dari hasil wawancara food recall 24 jam sebanyak 2 kali. Analisis data dilakukan secara univariat dan disajikan dalam bentuk tabel tunggal. **Hasil dan Pembahasan** : sebanyak 12 orang (100%) remaja putri *underweight* di SMA Katingan Tengah memiliki pengetahuan kurang. Kurangnya pengetahuan tentang gizi dapat menyebabkan terjadinya masalah gizi, karena tingkat pengetahuan dapat berpengaruh terhadap perilaku dan sikap dalam memilih makanan. Remaja putri *underweight* di SMA Katingan Tengah memiliki asupan energi 91,7% (11 orang) defisit dan asupan protein 75% (9 orang) defisit. Kurangnya asupan energi dan protein remaja putri underweight di SMA Katingan Tengah disebabkan karena frekuensi makannya kurang dari 3x makan utama, porsi makanan kurang, dan jarang konsumsi buah. **Kesimpulan** : Semua remaja putri underweight di SMA Katingan Tengah memiliki pengetahuan tentang gizi seimbang yang kurang, serta asupan energi dan protein defisit.

xiv + 62 hlm; 2024; 14 tabel; 1 gambar

Daftar Pustaka : 56 buah (2014-2023)

Kata Kunci : Remaja Putri *Underweight*, Pengetahuan Gizi Seimbang, Energi, Protein

ABSTRACT

Background : Underweight is a frequent nutritional problem for teenagers, especially young woman who always want to have a slim body. Based on data from Riskesdas in 2018, at the Katingan district, the prevalence of youth underweight in the 13-15 year olds is 2,88%, and at the 16-18 years olds is 9,16% with the highest number in the Central Borneo Province in 2018. **Objective** : The objective of research is to know the pictures of a knowledge of balanced nutrition as well as the intake of energy and protein in underweight young woman high schools. **Research methods** : It uses descriptive research. The sample used was 12 young woman at Central Katingan high school. Data collection on knowledge of balanced nutrition is obtained through questionnaires, energy and protein intake generated from 24-hou food recall interviews was performed twice. Data analysis is performed univarite and presented in the form of a single table. **Result and discussion** : As many as 12 people (100%) young woman underweight at Central Katingan high school have inadequat knowledge. The lack of knowledge about nutrition can cause nutritional problems, because the level of knowledge can affect behavior and attitude in choosing food. The young woman underweight at Central Katingan high school have a 91,75 (11 people) energy intake of deficits and a 75% (9 people) protein intake of deficits. Lack of energy and protein intake in young woman at Central Katingan high school is due to the frequency of eating less than main 3x, meal less, and low intake of fruit. **Conclusions** : All the young woman underweight at the high school have knowledge of balanced nutrition is inadequat, as well as her average energy and protein intake of deficits.

xiv + 62 pgs; 2024; 14 tables; 1 pictures

References : 56 (2014 – 2023)

Keywords : Young woman underweight, balanced nutrition knowledge, energy, protein