**INTISARI**

**Latar Belakang:** Masa remaja merupakan masa peralihan dari masa kanak-kanak menuju dewasa antara usia 13 tahun sampai dengan 15 tahun. Menurut Riskesdas tahun 2018 prevalensi status gizi remaja umur 13-15 tahun kategori sangat kurus 1,42%, kurus 6,15%, normal 78,78%, gemuk 9,68%, obesitas 3,96%. Pengetahuan gizi seseorang berpengaruh pada sikap dan perilaku dalam melakukan pemilihan makanan dan berpengaruh pada keadaan gizi tiap individu. **Tujuan:** Tujuan penelitian ini adalah mengetahui gambaran pengetahuan gizi seimbang dan status gizi pada remaja di SMPN 9 Kota Palangka Raya. **Metode Penelitian:** Desain penelitian yang digunakan deskriptif kuantitatif dengan pendekatan *Cross sectional* dengan menggunakan jenis teknik *purposive sampling* berdasarkan kriteria inklusi *s*ehingga diperoleh sebanyak 73 sampel. Teknik pengumpulan data menggunakan alat ukur kuesioner dan pengukuran antropometri. Analisis data dilakukan secara univariat. **Hasil dan Pembahasan:** Hasil penelitian menunjukkan bahwa rata-rata umur yaitu 14 tahun, jenis kelamin perempuan sebesar 57,5%, laki-laki sebesar 42,5%, berat badan rata-rata 45 kg, tinggi badan rata-rata 152 cm dengan standar deviasi ±8,13 cm, pengetahuan baik 30,1%, pengetahuan sedang 42,5%, pengetahuan kurang 24,7%. Status gizi siswa dan siswi dengan kategori gizi kurang 6,8%, gizi baik 80,8%, gizi lebih 4,1%, obesitas 8,2%. **Kesimpulan:** Hasil penelitian menunjukkan bahwa paling banyak remaja putri yang memiliki pengetahuan gizi seimbang kategori sedang dan status gizi paling banyak memiliki status gizi baik, status gizi lebih dibawah prevalensi nasional yaitu 7,15%, dan obesitas diatas prevalensi nasional yaitu 4,25%.

xiv + 39 halaman; 2024; 9 tabel; 1 gambar

**Daftar Pustaka** : 30 buah (2013-2023)

**Kata Kunci** : Pengetahuan, Gizi Seimbang, Status Gizi, Remaja

***ABSTRACT***

**Background:** Adolescence is a transition period from childhood to adulthood between the ages of 13 and 15 years. According to Riskesdas in 2018, the prevalence of nutritional status for adolescents aged 13-15 years in the category of very thin was 1.42%, thin 6.15%, normal 78.78%, fat 9.68%, obese 3.96%. A person's nutritional knowledge influences attitudes and behavior in making food choices and influences the nutritional status of each individual. **Objective:** The aim of this research is to determine the description of knowledge of balanced nutrition and nutritional status among adolescents at SMPN 9 Palangka Raya City. Research Research **Method:** The research design used was descriptive quantitative with a cross sectional approach using a purposive sampling technique based on inclusion criteria so that 73 samples were obtained. Data collection techniques use questionnaire measuring instruments and anthropometric measurements. Data analysis was carried out univariately. **Results and Discussion:** The results of the study show that the average age is 14 years, female gender is 57.5%, male is 42.5%, average body weight is 45 kg, average height is 152 cm with standard deviation ±8.13 cm, good knowledge 30.1%, moderate knowledge 42.5%, poor knowledge 24.7%. The nutritional status of pupils and female students in the categories of undernutrition is 6.8%, good nutrition 80.8%, overnutrition 4.1%, obesity 8.2%. **Conclusion:** The results of the research show that the majority of young women who have knowledge of balanced nutrition in the moderate category and the most nutritional status have good nutritional status, nutritional status is more below the national prevalence, namely 7.15%, and obesity is above the national prevalence, namely 4.25%.

xiv + 39 pages; 2024; 9 tables; 1 image

**Bibliography:** 30 pieces (2013-2023)

**Keywords:** Knowledge, Balanced Nutrition, Nutritional Status, Adolescents