

ABSTRAK

Yolandita Aura

Keadaan remaja yang mudah dipengaruhi lingkungan sekitar dapat berpengaruh terhadap sikap serta perilaku gizi termasuk dalam hal kebiasaan makannya, dan bila tidak disadari secara dini akan berdampak pada kesehatannya. Penelitian ini bertujuan untuk mengetahui hubungan antara pengetahuan gizi seimbang dengan sikap dan perilaku gizi seimbang pada remaja di SMA Korpri Bekasi. Metode penelitian ini bersifat deskriptif dengan desain *cross sectional*. Sampel penelitian ini yaitu seluruh siswa kelas X-XI sebanyak 130 responden. Teknik pengambilan sampel menggunakan *consecutive sampling* dengan kriteria inklusi dan eksklusi yang sudah ditetapkan. Pengumpulan data menggunakan kuesioner yang dilakukan secara daring dengan google form. Uji validitas dan reliabilitas kuesioner dilakukan di SMA Korpri Bekasi. Hasil analisis univariat, siswa yang memiliki pengetahuan yang baik sebesar 53,1% dan pengetahuan yang kurang baik sebesar 46,9% sedangkan yang memiliki sikap yang positif 56,9% dan yang memiliki sikap negatif 43,1%. Hasil bivariate dengan uji chi-square didapatkan hasil bahwa tidak terdapat hubungan antara pengetahuan gizi seimbang dengan sikap gizi $p\text{-value} = 0,514$ ($p > 0,05$) dan terdapat hubungan antara pengetahuan gizi seimbang dengan perilaku gizi seimbang $p\text{-value} = 0,032$ ($p < 0,05$), dengan nilai OR = 0,466. Diharapkan melalui seminar dan bimbingan dari pihak sekolah dapat menambah pengetahuan dan memperbaiki sikap serta perilaku siswa terkait gizi seimbang.

Kata Kunci : pandemi covid-19, pengetahuan gizi seimbang, perilaku gizi seimbang, sikap gizi seimbang

ABSTRACT

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The condition of adolescents who are easily influenced by the surrounding environment can affect their nutritional attitudes and behavior, including in terms of their eating habits, and if they are not realized early this will have an impact on their health. This study aims to determine the relationship between knowledge of balanced nutrition with attitudes and behavior of balanced nutrition in adolescents at Korpri Bekasi Senior High School. This research method is descriptive with cross sectional design. The sample of this research is all students of class X-XI as many as 130 respondents. The sampling technique used consecutive sampling with predefined inclusion and exclusion criteria. Data collection using a questionnaire which is conducted online with google form. Test the validity and reliability of the questionnaire conducted at Korpri Bekasi High School. The results of the univariate analysis showed that students who had good knowledge of 53.1% and poor knowledge were 46.9%, while those who had a positive attitude were 56.9% and those who had negative attitudes were 43.1%. The bivariate results with the chi-square test showed that there was no relationship between knowledge of balanced nutrition and nutritional attitudes $p\text{-value} = 0.514$ ($p > 0.05$) and there was a relationship between knowledge of balanced nutrition and balanced nutritional behavior $p\text{-value} = 0.032$ ($p < 0.05$), with a value of $OR = 0.466$. It is hoped that through seminars and guidance from the school it can increase knowledge and improve student attitudes and behavior related to balanced nutrition.

Keywords: Covid-19 pandemic, knowledge of balanced nutrition, balanced nutrition behavior, balanced nutrition attitude.