

## ABSTRAK

### DETERMINAN KEJADIAN KURANG ENERGI KRONIS (KEK) PADA REMAJA PUTRI DI ASRAMA STIKes BAITUL HIKMAH DI BANDAR LAMPUNG

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Kurang Energi Kronis (KEK) adalah keadaan malnutrisi di mana tidak tercukupinya zat gizi dalam waktu yang lama. Apabila hal ini dibiarkan terus akan berdampak buruk terutama pada Wanita Usia Subur (WUS). Penelitian ini bertujuan untuk menganalisis determinan yang memengaruhi kejadian KEK pada remaja putri di asrama STIKes Baitul Hikmah Bandar Lampung. Jenis penelitian ini adalah analisis observasional dengan desain penelitian secara *cross sectional*, pengambilan data dilakukan pada Juni tahun 2024. Sampel penelitian adalah remaja putri yang tinggal di asrama STIKes Baitul Hikmah menggunakan *purposive sampling* berjumlah 75 remaja putri. Penelitian dilakukan dengan menilai tingkat asupan zat gizi (energi, karbohidrat, protein, lemak, zat besi, fosfor, vitamin A, B dan C), citra tubuh, pengetahuan KEK, teman sebaya, media sosial, anemia, dan gejala penyakit dispepsia melalui kuesioner. Analisis statistik yang dilakukan adalah univariat, bivariat (Chi square dan Fisher's exact test) dan multivariat (*logistic regression*). Hasil penelitian menunjukkan bahwa prevalensi remaja putri di asrama STIKes Baitul Hikmah yang mengalami KEK sebesar 27 persen, defisit (energi 2,7%; karbohidrat 5,3%; protein 10,7%; lemak 14,7%; zat besi 19%; fosfor 8%; vitamin A 18,7%; vitamin B 2,7%; vitamin C, 17%). Persentase remaja dengan citra tubuh tidak puas 74,7%, pengetahuan KEK kurang 30,7%, dipengaruhi teman sebaya 13%, dipengaruhi media sosial 38,7%, Anemia 18,6%, dan gejala dispepsia 29%. Hasil analisis bivariat menunjukkan adanya hubungan kejadian KEK dengan, asupan lemak ( $p=0,031$ ), asupan vit C ( $p=0,001$ ), dan anemia ( $p=0,000$ ). Hasil uji *logistic regression* menunjukkan faktor yang sangat berpengaruh terhadap kejadian KEK pada remaja putri di asrama STIKes Baitul Hikmah Bandar Lampung adalah anemia.

Kata kunci : Asupan zat gizi, Kurang energi kronis ( KEK), Remaja putri

## ABSTRACT

### DETERMINANTS OF THE INCIDENCE OF CHRONIC ENERGY DEFICIENCY (CED) IN ADOLESCENT GIRLS IN THE STIKes BAITUL HIKMAH DORMITORY IN BANDAR LAMPUNG

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Chronic Energy Deficiency (CED) is a state of malnutrition in which nutrients are not enough for a long time. If this is allowed to continue, it will have a bad impact, especially on Women of Childbearing Age (WCA). This study aims to analyze the determinants that affect the incidence of CED in adolescent girls in the STIKes Baitul Hikmah Bandar Lampung dormitory. This type of research is an observational analysis with a *cross-sectional* research design, data collection was carried out in June 2024. The research sample was adolescent girls living in the STIKes Baitul Hikmah dormitory using *purposive sampling* totaling 75 adolescent girls. The study was conducted by assessing the level of nutrient intake (energy, carbohydrates, proteins, fats, iron, phosphorus, vitamins A, B and C), body image, knowledge of CED, peers, social media, anemia, and symptoms of dyspepsia disease through questionnaires. The statistical analysis carried out was univariate, bivariate (Chi square and Fisher's exact test) and multivariate (*logistic regression*). The results of the study showed that the prevalence of adolescent girls in the STIKes Baitul Hikmah dormitory who experienced CED was 27 percent, deficit (energy 2.7%; carbohydrates 5.3%; protein 10.7%; fat 14.7%; iron 19%; phosphorus 8%; vitamin A 18.7%; vitamin B 2.7%; vitamin C, 17%). The percentage of adolescents with dissatisfied body image was 74.7%, lack of CED knowledge 30.7%, influenced by peers 13%, influenced by social media 38.7%, anemia 18.6%, and dyspepsia symptoms 29%. The results of bivariate analysis showed that there was a relationship between the incidence of CED with fat intake ( $p=0.031$ ), vit C intake ( $p=0.001$ ), and anemia ( $p=0.000$ ). The results of *the logistic regression test* showed that the factor that greatly influenced the incidence of CED in adolescent girls in the STIKes Baitul Hikmah Bandar Lampung dormitory was anemia.

Keywords: Adolescent women, Chronic energy deficiency (CED), Nutrient intake