

## ABSTRAK

### HUBUNGAN POLA MAKAN DENGAN KEJADIAN KEKURANGAN ENERGI KRONIK (KEK) PADA REMAJA PUTRI DI SMA ANNIDHOMIYAH DESA BINDANG KECAMATAN PASEAN KABUPATEN PAMEKASAN

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**Pendahuluan:** Remaja yang mengalami KEK dapat disebabkan oleh kurangnya asupan zat gizi karena alasan ekonomi ataupun psikososial seperti penampilan. **Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan pola makan dengan kejadian kekurangan energi kronik pada remaja putri di SMA Annidhamiyah Desa Bindang Kecamatan Pasean Kabupaten Pamekasan. **Metode:** penelitian ini menggunakan desain analitik korelasional dengan pendekatan *cross-sectional*, jumlah populasi sebanyak 32 orang diperoleh sampel dengan teknik *total sampling* yaitu 32 orang menggunakan alat ukur kuesioner dengan analisa data *rank spearman*. **Hasil :** Hasil penelitian ini didapatkan setengahnya remaja dengan pola makan kurang sebanyak 16 orang (50,0%), sebagian besar mengalami kekurangan energi kronik sebanyak 18 orang (56,2%). Berdasarkan hasil analisis menggunakan *rank spearman* didapatkan p value 0,001 (<0,05), artinya ada hubungan pola makan dengan kejadian kekurangan energi kronik (KEK) pada remaja putri di SMA Annidhamiyah Desa Bindang Kecamatan Pasean Kabupaten Pamekasan. **Kesimpulan:** Remaja putri seringkali melakukan diet dengan cara mengurangi frekuensi makan, selain itu juga karena rasa nafsu makan yang kurang sehingga akan berdampak pada kejadian kekurangan energi kronik.

**Kata kunci:** pola makan, KEK, remaja putri

## ABSTRACT

### **THE RELATIONSHIP BETWEEN EATING AND THE INCIDENCE OF CHRONIC ENERGY LACK (CED) IN ADOLESCENT WOMEN AT ANNIDHOMIYAH HIGH SCHOOL, BINDANG VILLAGE, DISTRICT PAMEKASAN DISTRICT PASEAN**

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**Introduction:** Adolescents who experience CED can be caused by a lack of intake of nutrients for economic or psychosocial reasons such as appearance. **Purpose:** This study aims to determine the relationship between eating patterns and the incidence of chronic energy deficiency in young women at An-Nidhamiyah High School, Bindang Village, Pasean District, Pamekasan Regency. **Methods:** This study used a correlational analytic design with a cross-sectional approach, with a total population of 32 people. The sample was obtained using a total sampling technique, namely 32 people using a questionnaire measuring tool with Spearman rank data analysis. **Results:** The results of this study found that half of adolescents with poor eating patterns were 16 people (50.0%), most of whom experienced chronic energy deficiency as many as 18 people (56.2%). Based on the results of the analysis using rank Spearman, it was obtained a p value of 0.001 (<0.05), meaning that there is a relationship between diet and the incidence of chronic energy deficiency (CED) in young women at Annidhamiyah High School, Bindang Village, Pasean District, Pamekasan Regency. **Conclusion:** Young women often go on a diet by reducing the frequency of eating, besides that because of a lack of appetite that will have an impact on the incidence of chronic energy deficiency.

**Keywords:** diet, KEK, young women