

ABSTRACT

Puput Dewi Safitri, 2023. The cork-based effect of snack delivery (*channa striata*) on protein intake and albumin blood levels in students risk of chronic energy deficiency in SMA Negeri 1 Singosari Kabupaten Malang. Supervisor: Dr. Annasari Mustafa, SKM., M.Sc., RD. dan Dwie Soelistyorini, SST., M. Kes

Background: Less chronic energy is a state in which a person suffers from less durable or long-lasting energy and protein intake and can be determined by Lila's measurements of less than 23.5 cm (0.5 in.). It happens to a lot in young girls. With the current rate of consumption, proteins will serve as an alternative energy source, which shows protein dominance as an energy source, which will compensate if there is a deficit in energy. On the other side of the albumin level is a person's poor nutritional status marker and it usually takes a long time. Snakehead fish provide a high protein diet, especially albumin, as an alternative to increasing protein intake and blood-albumin levels in check students.

Objectives: For the effect of feeding snakehead fish (*channa striata*) and to protein intake and albumin levels.

Methods: The study employed experimental methods, in which researchers conducted specific treatments to identify the symptoms or effects of the treatment. The research design used in this study is a spatial quasi with a design of one group preposttest.

Results: Shows that there are snakehead fish - based effects of snacks (*channa striata*) on protein intake of value ($p = 0,009$) and albumin levels of blood value ($p =$) on cake risk students in SMA Negeri 1 Singosari Kabupaten Malang before and after intervention.

Conclusion: Snakehead Fish (*channa striata*) are quite effective as an effort to increase protein intake and albumin blood levels on test risk students.

Keywords: Chronic Energy Deficiency, Snakehead Fish (*Channa Striata*) Snacks, Protein Intake, Blood Albumin Levels.