

# Hubungan Perilaku dan Pengetahuan Pilar Gizi Seimbang Serta Faktor Lainnya terhadap Status Gizi Mahasiswa S1 Reguler Gizi FKM UI Tahun 2019 = The Association between Knowledge and Practice of Indonesian Balance Diet Guideline Pillar and Other Factors with Nutritional Status of Undergraduate Nutrition Student Faculty of Public Health Universitas Indonesia in 2019

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## Abstrak

### <b>ABSTRAK</b><br>

Status gizi merupakan gambaran kebutuhan gizi jika tidak tercukupi menimbulkan masalah bagi tubuh, baik yang berkurang maupun yang lebih banyak. Masalah gizi berlebih meningkatkan risiko berbagai penyakit dan mengganggu produktivitas some one. Mahasiswa S1 Gizi Reguler FKM UI adalah pihak-pihak tertentu diharapkan mampu menjaga kesehatan diri dan masyarakat khususnya dalam hal status gizi dengan penerapan ilmu gizi yang dipelajari salah satunya adalah penerapan gizi seimbang. Penelitian ini bertujuan untuk melihat gambaran dan hubungan antara perilaku dan pengetahuan tentang pilar gizi seimbang dan faktor lain tentang status gizi mahasiswa sarjana Gizi Reguler FKM UI. Ada 143 responden yang berpartisipasi dalam penelitian ini merupakan total populasi mahasiswa S1 Reguler Gizi FKM UI 2019 Alat kelamin wanita angkatan 2016, 2017, dan 2018. Penelitian ini menggunakan desain studi cross-sectional. Data penelitian diperoleh melalui pengisian kuesioner independen.

Wawancara penarikan makanan 2x 24 jam, dan pengukuran berat badan dan tinggi badan menurut berat badan hidup. Penelitian dilakukan pada Mei 2019. Hasil analisis univariat mendalam Hasil penelitian menunjukkan bahwa proporsi status gizi kurang pada responden adalah sama 37,1% dan tidak ada responden yang memenuhi porsi rekomendasi dalam Pedoman Gizi Seimbang. Berdasarkan uji chi square ditemukan bahwa ada hubungan yang signifikan signifikan antara tunjangan makan (nilai  $p = 0,038$ ) dan persepsi citra tubuh ( $p$  nilai = 0,001) terhadap status gizi siswa.

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### <b>ABSTRACT</b><br>

Nutritional status is a description of nutritional needs if not fulfilled cause problems for the body, both less and more. Excess nutritional problems increase the risk of various diseases and interfere with the productivity of some one. Students of S1 Regular Nutrition FKM UI are certain parties who are expected to be able to maintain the health of themselves and the community, especially in terms of nutritional status, by applying the science of nutrition that is learned, one of which is the application of balanced nutrition. This study aims to look at the description and relationship between behavior and knowledge about the pillars of balanced nutrition and other factors regarding the nutritional status of Regular Nutrition undergraduate students of FKM UI. There were 143 respondents who participated in this study, constituting the total population of the 2019 Undergraduate Program in Nutrition FKM UI 2019 female genitalia. This study used a cross-sectional study design. The research data were obtained through filling out an independent questionnaire. Twice 24 hour meal withdrawal interviews, and

measurements of body weight and height for live weight. The study was conducted in May 2019. Results of in-depth univariate analysis The results showed that the proportion of malnutrition status among respondents was the same as 37.1% and none of the respondents fulfilled the portion of the recommendations in the Balanced Nutrition Guidelines. Based on the chi square test, it was found that there was a significant relationship between meal allowance (p value = 0.038) and body image perception (p value = 0.001) on the nutritional status of students.