

ABSTRAK

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HUBUNGAN POLA MAKAN DAN PERILAKU SEDENTARI DENGAN STATUS GIZI MAHASISWA JURUSAN GIZI POLTEKKES KEMENKES SURABAYA

xvi + 87 Halaman + 12 Tabel + 7 Lampiran

Status gizi merupakan indikator penting dalam mencerminkan kesehatan individu, khususnya pada kelompok usia dewasa muda seperti mahasiswa. Pada masa perkuliahan, mahasiswa seringkali mengalami perubahan pola makan serta peningkatan perilaku sedentari akibat tuntutan akademik. Kedua faktor tersebut bisa berdampak untuk kondisi gizi, baik langsung ataupun tidak. Penelitian bertujuan memahami hubungan diantara pola makan dan perilaku sedentari dengan status gizi mahasiswa jurusan gizi Poltekkes Kemenkes Surabaya.

Penelitian ini adalah studi observasional analitik dengan mempergunakan desain *cross sectional* yang mencakup 77 responden. Data diperoleh melalui sesi wawancara dengan penerapan kuesioner yang mengukur keseimbangan pola makan, meliputi tingkat konsumsi energi, jenis makanan, dan frekuensi makan. Serta mengukur tingkat perilaku sedentari. Dalam analisis data, uji chi-square dipergunakan dalam menentukan hubungan diantara pola makan dan status gizi, serta hubungan antara perilaku menetap dan status gizi.

Temuan dari penelitian mengindikasikan bahwa kebiasaan makan berpengaruh terhadap kondisi gizi mahasiswa di Jurusan Gizi Poltekkes Kemenkes Surabaya. Sedangkan perilaku sedentari tidak memiliki pengaruh yang terhadap kondisi gizi mahasiswa Jurusan Gizi Poltekkes Kemenkes Surabaya. Dari hasil penelitian, mahasiswa Jurusan Gizi diharapkan dapat menjadi role model dalam menerapkan gaya hidup sehat dengan memperbaiki kebiasaan makan dan meningkatkan pergerakan fisik harian.

Kata kunci: *pola makan, perilaku sedentari, status gizi*

Daftar bacaan: 9 Buku, 63 Jurnal, 2 Laporan, 1 Permenkes (2007-2024)

ABSTRACT

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RELATIONSHIP BETWEEN DIET PATTERNS AND SEDENTARY BEHAVIOR WITH THE NUTRITIONAL STATUS OF STUDENTS OF THE NUTRITION DEPARTMENT OF THE MINISTRY OF HEALTH POLTEKKES SURABAYA

xvi + 87 Pages + 12 Tables + 7 Appendices

Nutritional status is an important indicator in reflecting individual health, especially in young adult age groups such as college students. During college, students often experience changes in eating patterns and increased sedentary behavior due to academic demands. These two factors can affect nutritional status, both directly and indirectly. This study aims to determine the relationship between eating patterns and sedentary behavior with the nutritional status of students of the Nutrition Department of the Ministry of Health Polytechnic of Surabaya.

This study is an observational analytic study with a cross-sectional design involving 77 respondents. Data were collected through interviews using a questionnaire that measures dietary balance, including energy consumption levels, food types, and meal frequency. As well as measuring the level of sedentary behavior. Data analysis used the chi square test to determine the relationship between diet and nutritional status and the relationship between sedentary behavior and nutritional status.

The results of the study showed that diet has a significant effect on the nutritional status of students of the Nutrition Department of the Ministry of Health Polytechnic of Surabaya. While sedentary behavior does not have a significant effect on the nutritional status of students of the Nutrition Department of the Ministry of Health Polytechnic of Surabaya. From the results of the study, students of the Nutrition Department are expected to be role models in implementing a healthy lifestyle by improving their diet and increasing daily physical activity.

Keywords: *eating patterns, sedentary behavior, nutritional status*

References: 9 Books, 63 Journals, 2 Reports, 1 Ministerial Decree (2007-2024)