

ABSTRAK

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ANALISIS VARIASI MENU, ASUPAN ZAT GIZI MAKRO, STATUS GIZI PADA PENGHUNI ASRAMA POLTEKKES KEMENKES SURABAYA

1x + 113 Halaman + 28 Tabel + 12 Lampiran

Asrama mahasiswa merupakan lingkungan tempat tinggal sementara yang disediakan oleh institusi pendidikan. Asrama menyediakan sarana dan prasarana salah satunya adalah makanan yang memiliki peran penting dalam membentuk asupan makan dan status gizi penghuninya. Penelitian ini bertujuan untuk menganalisis variasi menu, asupan zat gizi makro (Energi, protein, lemak, dan karbohidrat), dan status gizi mahasiswa penghuni asrama Poltekkes Kemenkes Surabaya.

Pendekatan penelitian yang diterapkan adalah metode kuantitatif dengan sifat *deskriptif analitik* menggunakan *cross-sectional*. Jumlah responden dalam penelitian ini terdiri dari 76 mahasiswa yang tinggal di asrama, dengan teknik pengambilan sampel menggunakan *proportional stratified random sampling*. Data yang dikumpulkan melalui pengisian kuesioner penilaian variasi menu serta observasi variasi menu yang ada di asrama selama 7 hari, wawancara menggunakan food recall 2x24 jam, dan pengukuran antropometri berupa berat badan dan tinggi badan untuk menghitung Indeks Massa Tubuh (IMT).

Hasil analisis menunjukkan bahwa penilaian variasi menu yang disediakan asrama Poltekkes Kemenkes Surabaya tergolong cukup bervariasi sebesar 55,3%. Dari penelitian diperoleh hasil bahwa mahasiswa sebanyak 82,9% mengalami defisit energi, 42,1% mengalami defisit lemak, dan 98,7% mengalami defisit karbohidrat, sementara 52,6% memiliki asupan protein normal. Untuk memenuhi asupan yang defisit, mahasiswa perlu untuk membeli makanan dari luar. Dengan proporsi konsumsi makanan asrama sebesar 70% dari Angka Kecukupan Gizi (AKG) dan sisanya 30% berasal dari makanan di luar asrama. Hal ini tercermin dari rata-rata uang saku mahasiswa yang berkisar antara Rp 500.000 hingga Rp 1.000.000. Berdasarkan hasil pengukuran antropometri, sekitar 56,6% mahasiswa memiliki status gizi dalam kategori normal. Hubungan antara asupan dan status gizi menunjukkan tidak terdapat korelasi yang signifikan ($p > 0,05$). Demikian pula, hubungan antara variasi menu dengan status gizi juga tidak menunjukkan signifikan secara statistik ($p > 0,05$).

Kata kunci : variasi menu, zat gizi makro, status gizi, asrama.

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ABSTRACT

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ANALYSIS OF MENU VARIATIONS, MACRONUTRIENT INTAKE, NUTRITIONAL STATUS IN RESIDENTS OF THE DORMITORY OF THE MINISTRY OF HEALTH POLTEKKES SURABAYA

ix + 113 Pages + 28 Tables + 12 Appendices

Student dormitories are temporary residential environments provided by educational institutions. Dormitories provide facilities and infrastructure, one of which is food which has an important role in shaping food intake and the nutritional status of its residents. This study aims to analyze the variety of menus, intake of macronutrients (energy, protein, fat, and carbohydrates), and the nutritional status of students living in the dormitory of the Ministry of Health Polytechnic of Surabaya.

The research approach applied is a quantitative method with descriptive analytical properties using cross-sectional. The number of respondents in this study consisted of 76 students living in dormitories, with sampling techniques using proportional stratified random sampling. The data was collected through filling out a questionnaire assessing menu variations and observation of menu variations in the dormitory for 7 days, interviews using 2x24-hour food recall, and anthropometric measurements in the form of weight and height to calculate Body Mass Index (BMI).

The results of the analysis showed that the assessment of the variety of menus provided by the Dormitos of the Ministry of Health of the Ministry of Health of Surabaya was quite varied by 55.3%. From the study, the results were obtained that 82.9% of students experienced energy deficits, 42.1% experienced fat deficits, and 98.7% experienced carbohydrate deficits, while 52.6% had normal protein intake. To meet the deficit intake, students need to buy food from outside. With the proportion of dormitory food consumption of 70% of the Nutritional Adequacy Rate (AKG) and the remaining 30% comes from food outside the dormitory. This is reflected in the average student allowance which ranges from IDR 500,000 to IDR 1,000,000. Based on the results of anthropometric measurements, around 56.6% of students have nutritional status in the normal category. The relationship between intake and nutritional status showed no significant correlation ($p > 0.05$). Similarly, the relationship between menu variation and nutritional status was also not statistically significant ($p > 0.05$).

Keywords: menu variation, macronutrients, nutritional status, dormitory.

References : 38 Journal 3 Books (2014-2025)