

ABSTRAK

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HUBUNGAN POLA MAKAN DAN UANG SAKU BULANAN DENGAN
STATUS GIZI MAHASISWA POLTEKKES KEMENKES SURABAYA TA-
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xvii + 129 Halaman + 20 Tabel + 15 Lampiran

Status gizi ialah indikator penting dalam mencerminkan kondisi kesehatan seseorang. Status gizi pada mahasiswa disebabkan oleh berbagai faktor, seperti pola makan dan uang saku bulanan. Pola makan yang kurang baik serta pengelolaan uang saku yang tidak sesuai berpotensi meningkatkan risiko terjadinya masalah gizi, baik kekurangan gizi maupun kelebihan gizi. Penelitian ini bertujuan untuk mengetahui hubungan pola makan dan uang saku bulanan dengan status gizi mahasiswa Poltekkes Kemenkes Surabaya.

Penelitian ini dilakukan menggunakan desain observasional analitik dengan pendekatan cross sectional. Sampel penelitian berjumlah 94 mahasiswa yang dipilih menggunakan teknik cluster random sampling. Data pola makan diperoleh melalui wawancara, data uang saku melalui kuesioner, dan status gizi diukur menggunakan indeks massa tubuh (IMT). Analisis biavariat dilakukan menggunakan uji *Spearman Rank*.

Sebagian besar responden berusia 19 tahun (47,9%), tinggal di kost (47,9%) dan bersama orang tua (44,7%), serta mayoritas memperoleh uang saku dari orang tua. Sebanyak 80,9% responden memiliki pola makan kurang baik serta 19,1% memiliki pola makan baik. Rata-rata uang saku bulanan mahasiswa sebesar Rp1.336.702 dengan kisaran Rp200.000–Rp3.500.000. Sebagian besar responden memiliki uang saku kategori tinggi ($>Rp1.200.000$) sebesar 53,2%, dengan pengeluaran terbesar untuk kebutuhan kuliah (89,4%). Sebagian besar mahasiswa memiliki status gizi normal (66,0%). Hasil uji Spearman menunjukkan tidak terdapat hubungan yang signifikan antara pola makan dengan status gizi ($r = 0,050$; $p = 0,631$) maupun antara uang saku bulanan dengan status gizi ($r = 0,010$; $p = 0,925$). Dapat disimpulkan tidak terdapat hubungan yang signifikan antara pola makan dan uang saku bulanan dengan status gizi mahasiswa Poltekkes Kemenkes Surabaya.

Kata kunci: pola makan, uang saku bulanan, status gizi, mahasiswa

Daftar bacaan : 4 buku (2013-2023)

ABSTRACT

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*RELATIONSHIP BETWEEN DIETARY PATTERNS AND MONTHLY POCKET
MISSION WITH THE NUTRITIONAL STATUS OF STUDENTS AT THE
MINISTRY OF HEALTH POLYTECHNIC SURABAYA IN 2026*

xvii + 129 Pages + 20 Tables + 15 Appendices

Nutritional status is an important indicator that reflects an individual's health condition. Students' nutritional status may be influenced by various factors, including dietary patterns and monthly allowance. Poor dietary habits and inappropriate management of monthly allowance may increase the risk of nutritional problems, including undernutrition and overnutrition. This study aimed to determine the relationship between dietary patterns and monthly allowance with the nutritional status of students at Surabaya Health Polytechnic, Ministry of Health.

This study employed an analytical observational design with a cross-sectional approach. The sample consisted of 94 students selected using the cluster random sampling technique. Dietary pattern data were collected through interviews, monthly allowance data through questionnaires, and nutritional status was assessed using Body Mass Index (BMI). Data were analyzed using the Spearman Rank correlation test.

Most of the respondents were 19 years old (47.9%), living in boarding houses (47.9%) and with their parents (44.7%), and the majority received pocket money from their parents. As many as 80.9% of respondents had a poor diet and 19.1% had a good diet. The average monthly student allowance is IDR 1,336,702 with a range of IDR 200,000–IDR 3,500,000. Most respondents have a high category allowance (>IDR 1,200,000) of 53.2%, with the largest expenditure on college needs (89.4%). Most of the students have normal nutritional status (66.0%). The results of the Spearman test showed that there was no significant relationship between diet and nutritional status ($r = 0.050$; $p = 0.631$) or between monthly allowance and nutritional status ($r = 0.010$; $p = 0.925$). It can be concluded that there is no significant relationship between diet and monthly allowance and the nutritional status of students of the Ministry of Health Polytechnic of Surabaya.

Keywords: dietary patterns, monthly pocket money, nutritional status, students
References : 4 books (2018-2023)