

ABSTRAK

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HUBUNGAN KUALITAS MENU DENGAN DAYA TERIMA MENU MAKANAN PADA TARUNA DAN TARUNI POLITEKNIK PELAYARAN SURABAYA

1x + 97 Halaman + 9 Tabel + 9 Lampiran

Penyelenggaraan makanan krusial bagi pemenuhan gizi taruna dan taruni beraktivitas fisik tinggi. Namun, kajian spesifik terkait hal ini di institusi pendidikan semi-militer masih terbatas. Tujuan Menganalisis hubungan antara kualitas menu dengan daya terima makanan pada taruna dan taruni Politeknik Pelayaran Surabaya.

Jenis Penelitian observasional analitik dengan desain penelitian *cross-sectional* ini melibatkan 92 sampel tingkat I dan II. Pengambilan sampel menggunakan teknik *proportional random sampling* (rumus Slovin, $\alpha=10\%$). Data variabel independen (kualitas menu) dan dependen (daya terima) dikumpulkan melalui kuesioner terstruktur, kemudian dianalisis menggunakan uji *Chi-Square* ($\alpha=0,05$).

Hasil Mayoritas responden menilai kualitas menu pada kategori baik (58,7%), sangat baik (26,1%), dan cukup (15,2%). Daya terima makanan juga didominasi kategori baik (60,9%), sangat baik (25,0%), dan cukup (14,1%). Uji *Chi-Square* membuktikan adanya hubungan signifikan antara kedua variabel ($p\text{-value} = 0,000$). Tabulasi silang memperlihatkan bahwa 75,0% responden dengan kualitas menu sangat baik dan 83,3% dengan kualitas menu baik memberikan penilaian daya terima yang berbanding lurus.

Simpulan Terdapat hubungan yang signifikan antara kualitas menu dengan daya terima makanan di Politeknik Pelayaran Surabaya. Peningkatan mutu menu secara berkelanjutan (meliputi variasi hidangan, cita rasa, dan penyajian) diperlukan guna mengoptimalkan penerimaan makanan dan pemenuhan gizi.

Kata Kunci: kualitas menu, daya terima makanan, penyelenggaraan makanan institusi, taruna dan taruni, *cross-sectional*

ABSTRACT

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THE RELATIONSHIP BETWEEN MENU QUALITY AND FOOD ACCEPTABILITY AMONG CADETS AT POLITEKNIK PELAYARAN SURABAYA

1x + 97 Pages + 9 Tables + 9 Appendices

Institutional food service is crucial for fulfilling the nutritional needs of cadets with high physical activity. However, specific studies regarding this matter in semi-military educational institutions remain limited. Objective To analyze the relationship between menu quality and food acceptability among cadets at the Surabaya Merchant Marine Polytechnic (*Politeknik Pelayaran Surabaya*).

This analytical observational study with a cross-sectional design involved 92 samples from levels I and II. Sampling was conducted using proportional random sampling (Slovin's formula, $\alpha=10\%$). Data on the independent (menu quality) and dependent (acceptability) variables were collected through a structured questionnaire, then analyzed using the Chi-Square test ($\alpha=0.05$).

Results The majority of respondents rated the menu quality in the good (58.7%), very good (26.1%), and fair (15.2%) categories. Food acceptability was also dominated by the good (60.9%), very good (25.0%), and fair (14.1%) categories. The Chi-Square test proved a significant relationship between the two variables ($p\text{-value} = 0.000$). Cross-tabulation showed that 75.0% of respondents with very good menu quality and 83.3% with good menu quality gave correspondingly proportional ratings for food acceptability.

Conclusion There is a significant relationship between menu quality and food acceptability at the Surabaya Merchant Marine Polytechnic. Continuous improvement of menu quality (including dish variety, taste, and presentation) is necessary to optimize food acceptability and nutritional fulfillment.

Keywords: *menu quality, food acceptability, institutional food service, cadets, cross-sectional*