

Hubungan Antara Kebiasaan Sarapan dan Faktor Lainnya dengan Status Gizi pada Mahasiswa S1 Reguler Fakultas Teknik Universitas Indonesia Tahun 2015

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Deskripsi Lengkap: <https://lib.fkm.ui.ac.id/detail.jsp?id=118234&lokasi=lokal>

Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara kebiasaan sarapan, karakteristik individu, asupan energi dan zat gizi, kebiasaan mengemil, aktivitas fisik, durasi tidur, dan tingkat stres pada mahasiswa Fakultas Teknik Universitas Indonesia. Status gizi diukur dengan pengukuran tinggi badan dan penimbangan berat badan. Kebiasaan sarapan, karakteristik individu, kebiasaan mengemil, durasi tidur, dan tingkat stres diukur dengan kuesioner yang diisi sendiri. Asupan energi dan zat gizi diukur dengan wawancara Food Frequency Questionnaire semi-kuantitatif. Aktivitas fisik diukur dengan wawancara Global Physical Activity Questionnaire. Desain penelitian menggunakan cross-sectional dengan sampel sebanyak 142 responden. Penarikan sampel menggunakan teknik systematical simple random dan pengambilan data dilakukan selama bulan April-Mei 2015. Analisis data menggunakan uji Chi-Square. Hasil penelitian menunjukkan bahwa terdapat hubungan antara jenis kelamin (P value=0,015), status merokok (P value=0,008), asupan energi (P value=0,000), asupan karbohidrat (P value=0,025), dan asupan lemak (P value=0,004) dengan status gizi. Disarankan agar mahasiswa mengatur pola makan yang lebih sehat dan menjaga aktivitas fisiknya. Di samping itu, Fakultas Teknik Universitas Indonesia mendukung adanya kerja sama dengan instansi atau lembaga yang bekerja di bidang gizi dan kesehatan.

Kata kunci :

Mahasiswa, status gizi, kebiasaan sarapan, asupan zat gizi

Nutritional status is one of many determinants of health status. This research aims to describe the association between breakfast consumption, individual characteristics, energy and nutrient intake, snacking habit, physical activity, sleep duration, and stress of college students in Engineering Faculty Universitas Indonesia. Nutritional status is measured by measuring height and weight. Data about breakfast consumption, individual characteristics, snacking habit, sleep duration, and stress were collected by using self-registered questionnaire. Energy and nutrient intake were collected by conducting interview using semiquantitative Food Frequency Questionnaire. Physical activity was measured using Global Physical Activity Questionnaire by conducting interview. This research was quantitative research using cross-sectional study design involving 142 respondents. The sampling technique used systematical simple random. The data were collected during April-May 2015. The data were analyzed using Chi-Square test. The result shows that sex (P value=0,015), smoking status (P value=0,008), energy intake (P value=0,000), carbohydrate intake (P value=0,025), and fat intake (P value=0,004) were statistically associated with nutritional status. College students are suggested to eat more healthily and manage their physical activity. The faculty is suggested to support having a collaborative event related to nutrition and health.

Keywords : College students, nutritional status, breakfast consumption, nutrient intake