

# Faktor-Faktor Yang Berhubungan Dengan Food Insecurity Experience Pada Mahasiswa Indeks Di Fakultas Matematika Dan Ilmu Pengetahuan Alam (FMIPA) Universitas Indonesia Tahun 2022

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## Abstrak

Food Insecurity Experience adalah keterbatasan yang dialami oleh individu maupun kelompok untuk mendapatkan makanan yang aman dan bergizi secara teratur yang diiringi oleh pengalaman berupa ketidakpastian mengenai makanan yang akan dapat dikonsumsi sehari-harinya. Food insecurity dapat berdampak pada penurunan kesejahteraan, kekurangan gizi spesifik, hingga kelaparan. Kelompok mahasiswa sebagai individu dewasa termasuk kelompok rentan terhadap risiko food insecurity. Penelitian ini menelaah adanya hubungan melalui pengukuran beda proporsi food insecurity pada mahasiswa S1 FMIPA di Universitas Indonesia berdasarkan jenis kelamin, pendapatan pribadi, cooking self-efficacy, tingkat pengetahuan gizi, uang saku, alokasi biaya makan, pemilihan makanan meliputi: kepentingan persepsi sehat, kepentingan persepsi harga, dan kepentingan persepsi aksesibilitas. Penelitian dilakukan dengan metode kuantitatif menggunakan desain studi cross-sectional, pada bulan Maret hingga Juni 2021. Partisipan penelitian terdiri dari 134 mahasiswa dengan metode purposive sampling melalui pengisian kuesioner secara daring. Hasil Penelitian menemukan bahwa sebanyak 64,9% responden mengalami food insecurity. Hasil analisis bivariat juga menunjukkan bahwa terdapat hubungan yang signifikan pada food insecurity experience dengan cooking self-efficacy (p-value 0,046), uang saku (p-value 0,006), alokasi besaran biaya makan (p-value 0,045), pemilihan makanan: kepentingan persepsi harga (p-value 0,001).

Food Insecurity Experience is a limitation experienced by individuals and groups to get safe and nutritious food on a regular basis accompanied by an experience in the form of uncertainty about the food that will be able to be consumed daily. Food insecurity can have an impact on decreased well-being, specific malnutrition, and hunger. The group of students as adult individuals is a vulnerable group to the risk of food insecurity. This study examines the relationship through measuring the different proportions of food insecurity in undergraduates students at the Faculty of Mathematics and Sciences of Universitas Indonesia based on gender, personal income, cooking self-efficacy, nutritional knowledge level, allowance, allocation of food costs, food preferences including: perceives of health, perceives of price, and perceives of accessibility. The study was conducted using quantitative methods using a cross-sectional study design, from March to June 2021. The research participants consisted of 134 college students with the purposive sampling method through filling out an online questionnaire. The results of the study found that as many as 64,9% of respondents experienced food insecurity. The results of the bivariate analysis also showed that there was a significant relationship in food insecurity experience with cooking self-efficacy (p-value 0,46), allowance (p-value 0,006), allocation of food costs (p-value 0.045), food preferences: perceives of price (p-value 0,001).