

Faktor determinan asupan mikronutrien pada mahasiswa S1 reguler gizi universitas indonesia selama pandemi covid-19 (analisis data sekunder tahun 2020)

Gunawan, Stephen

Deskripsi Lengkap: <https://lib.fkm.ui.ac.id/detail.jsp?id=136739&lokasi=lokal>

Abstrak

<p style="text-align: justify;">Asupan mikronutrien inadekuat dapat berdampak buruk bagi imunitas tubuh, terutama saat pandemi Covid-19. Asupan mikronutrien mahasiswa dapat dipengaruhi oleh beberapa faktor seperti pengetahuan gizi, tingkat stress, uang saku, media sosial, dan konsumsi. Untuk melihat hubungan antara asupan mikronutrien dengan faktor-faktor tersebut, dilakukan penelitian cross-sectional menggunakan data sekunder tahun 2020 yang melibatkan 138 mahasiswa S1 Gizi Universitas Indonesia. Ditemukan persentase asupan vitamin A, vitamin C, vitamin D, vitamin E, vitamin B6, vitamin B12, asam folat, zat besi dan seng tergolong cukup ($\geq 70\%$ AKG) adalah 53,6%, 16,7%, 1,4%, 0%, 22,5%, 17,4%, 1,4%, 1,4%, dan 27,5%. Hasil analisis dengan chi-square menunjukkan bahwa ditemukan adanya hubungan signifikan antara asupan seng dengan penggunaan instagram (p-value= 0,002), asupan vitamin C (p-value=0,010), asupan asam folat (p-value=0,000), dan asupan seng (p-value=0,018) dengan konsumsi sayuran, asupan vitamin C (p-value=0,000), vitamin D (p-value=0,007), vitamin E (p-value=0,000), vitamin B6 (p-value=0,000), asam folat (p-value=0,007), dan zat besi (p-value=0,007) dengan konsumsi buah, asupan vitamin B12 (p-value=0,012) dan seng (p-value=0,027) dengan konsumsi lauk hewani, asupan vitamin C (p-value=0,033), vitamin E (p-value=0,011), dan seng (p-value=0,017) dengan kebiasaan sarapan. Meskipun tidak ditemukan hubungan signifikan dengan pengetahuan gizi dan tingkat stress, kecenderungan hubungan masih ditemukan. Dengan demikian, pengetahuan gizi, tingkat stress, media sosial, serta konsumsi merupakan faktor yang penting untuk dipertimbangkan dalam rangka memenuhi kebutuhan asupan mikronutrien pada mahasiswa. Kata kunci: Asupan mikronutrien, konsumsi sayur, konsumsi buah, konsumsi lauk hewani, sarapan, mahasiswa</p><hr /><p> </p><p style="text-align: justify;">Micronutrient inadequacy can cause effects on the immune system, especially during the Covid-19 pandemic.

Students' micronutrient intake may be influenced by knowledge, stress levels, pocket money, social media, and consumption. To assess the relationship between micronutrient intake and these factors, a cross-sectional study was conducted using secondary data in 2020 involving 138 students of the Nutrition students in University of Indonesia. This study found that the percentage of vitamin A, vitamin C, vitamin D, vitamin E, vitamin B6, vitamin B12, folic acid, iron and zinc adequacy, respectively, was 53.6%, 16.7%, 1.4%, 0 %, 22.5%, 17.4%, 1.4%, 1.4%, and 27.5%. The result of chi-square analysis showed that there was a significant relationship between zinc intake and instagram usage (p-value = 0.002), vitamin C (p-value=0,010), folic acid (p-value=0,000), and zinc (p-value=0,018) intake with vegetable consumption, vitamin C (p-value=0.000), vitamin D (p-value=0.007), vitamin E (p-value=0.000), vitamin B6 (p-value=0.000), folic acid (p-value=0.007), and iron (p-value=0.007) intake with fruit consumption, vitamin B12 (p-value=0.012) and zinc (p-value=0.027) with animal source food consumption, vitamin C (p-value = 0.033), vitamin E (p-value = 0.011), and zinc (p-value = 0.017) intake with breakfast habits. Even though no significant relationship was found with nutritional knowledge and stress levels, the tendencies of the relationship was still found. Therefore, nutritional knowledge, stress levels, social media, and consumption are important

factors in order to optimize students' micronutrient intake. Key Words: Miconutrient intake, vegetable consumption, fruit consumption, animal source food consumption, breakfast, college student