

Pengaruh Pendampingan Penerapan Isi Piringku Terhadap Perilaku Makan Mahasiswa Overweight dan Obesitas Di Poltekkes Kemenkes Jakarta II

Chodijah, Siti

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Abstrak

<div style="text-align: justify;">Prevalensi overweight dan obesitas pada mahasiswa terus meningkat seiring pola makan tidak seimbang dan gaya hidup sedentari. Upaya intervensi berbasis edukasi gizi, seperti pendampingan penerapan Isi Piringku, berpotensi memperbaiki perilaku makan dan menurunkan risiko obesitas. Penelitian ini bertujuan untuk menganalisis pengaruh pendampingan penerapan Isi Piringku terhadap perilaku makan mahasiswa overweight dan obesitas di Poltekkes Kemenkes Jakarta II. Metode penelitian menggunakan desain kuasi eksperimen dengan kelompok intervensi dan kelompok kontrol. Sebanyak 44 responden dibagi menjadi dua kelompok, masing-masing mendapatkan pengukuran antropometri, kuesioner perilaku makan, serta pendampingan gizi (intervensi) selama periode penelitian. Analisis data dilakukan menggunakan uji paired t-test dan independent t-test untuk menilai perbedaan sebelum dan sesudah intervensi yang dianalisis berdasarkan jenis kelamin dan status gizi. Hasil penelitian menunjukkan bahwa kelompok intervensi mengalami peningkatan skor perilaku makan positif ($p=0,404$), meskipun tidak semua perubahan signifikan secara statistik, sementara kelompok kontrol justru menunjukkan penurunan lingkar perut yang signifikan ($p=0,001$). Temuan ini mengindikasikan bahwa pendampingan Isi Piringku dapat meningkatkan kesadaran perilaku makan sehat, tetapi faktor eksternal juga memengaruhi hasil pada kelompok kontrol. Kesimpulannya, pendampingan Isi Piringku berpotensi menjadi strategi edukasi gizi di lingkungan kampus, namun perlu dikombinasikan dengan pendekatan multikomponen untuk mencapai hasil yang lebih konsisten.</div><hr /><div style="text-align:

justify;">The prevalence of overweight and obesity among students continues to increase due to unbalanced diets and sedentary lifestyles. Nutrition education-based interventions, such as guidance on the implementation of Isi Piringku, have the potential to improve eating behaviors and reduce the risk of obesity. This study aims to analyze the effect of guidance on the implementation of Isi Piringku on the eating behaviors of overweight and obese students at the Jakarta II Ministry of Health Polytechnic. The research method used a quasi-experimental design with an intervention group and a control group. A total of 44 respondents were divided into two groups, each of which underwent anthropometric measurements, dietary behavior questionnaires, and nutritional counseling (intervention) during the study period. Data analysis was performed using paired t-tests and independent t-tests to assess differences before and after the intervention, analyzed based on gender and nutritional status. The results showed that the intervention group experienced an increase in positive eating behavior scores ($p=0,404$), although not all changes were statistically significant, while the control group showed a significant decrease in waist circumference ($p=0,001$). These findings indicate that Isi Piringku counseling can increase awareness of healthy eating behaviors, but external factors also influence the results in the control group. In conclusion, the Isi Piringku guidance has the potential to be a nutrition education strategy in the campus environment, but it needs to be combined with a multi-component approach to achieve more consistent results.</div>