



GAMBARAN POLA MAKAN DAN STATUS GIZI (IMT) MAHASISWA GIZI STIKES HOLISTIK PADA MASA ADAPTASI KEBIASAAN BARU

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ABSTRAK

Latar Belakang: Adaptasi kebiasaan baru adalah perubahan perilaku untuk menjalankan aktivitas normal, dengan penerapan protokol kesehatan untuk mencegah terjadinya penularan COVID-19. Adaptasi kebiasaan baru akan mempengaruhi perubahan pola makan. Timbulnya perubahan pola makan saat adaptasi kebiasaan baru dapat mempengaruhi status gizi, status gizi merupakan keadaan tubuh sebagai akibat konsumsi makanan dan asupan zat gizi.

Tujuan : Penelitian ini bertujuan untuk mengetahui gambaran pola makan dan status gizi (IMT) mahasiswa gizi STIKes HOLISTIK pada masa adaptasi kebiasaan baru.

Metode : Jenis penelitian ini adalah penelitian deskriptif analitik dengan desain cross sectional yang dilakukan bulan Desember 2020 – Januari 2021. Populasi penelitian ini adalah mahasiswa Program Studi Ilmu Gizi STIKes HOLISTIK Purwakarta sebanyak 74 orang dan sampel yang diambil dengan metode consecutive sampling dengan memenuhi kriteria inklusi dan eksklusi sebanyak 63 orang. Data pola makan menggunakan kuesioner Food Frequency Questionnaire (FFQ) yang diperoleh dengan cara mengamati menu makanan selama tiga hari. Data status gizi yang diperoleh dengan perhitungan Indeks Masa Tubuh (IMT).

Hasil : Hasil penelitian menunjukkan bahwa dari 63 responden, sebanyak 34 orang (54%) memiliki pola makan baik, 22 orang (64,7%) status gizi kurus, 6 orang (17,6%) status gizi normal dan gemuk. Responden dengan pola makan tidak baik sebanyak 29 orang (46,0%), dengan status gizi kurus 37 orang (58,7%), status gizi normal 9 orang (14,3%), dan status gizi gemuk 17 orang (27%).

Simpulan : Status gizi normal pada responden dengan pola makan baik saat adaptasi kebiasaan baru sebesar 17,6%. Status gizi kurus pada responden saat adaptasi kebiasaan baru sebesar 64,7%. Sedangkan status gizi gemuk pada responden saat adaptasi kebiasaan baru sebesar 17,6%.

Kata Kunci : pola makan, status gizi, adaptasi kebiasaan baru, covid-19

ABSTRACT

Background: Adaptation of new habits is a change in behavior to carry out normal activities, with the implementation of health protocols to prevent the transmission of COVID-19. Adaptation to New Habits will affect changes in eating patterns. The emergence of changes in diet when adapting to a new life can affect nutritional status. Nutritional status is the state of the body as a result of food consumption and nutrient intake.

Objective: The aim of this research was to determine the description of the diet and nutritional status (BMI) of nutrition students at STIKes HOLISTIK in a new adaptation condition.

Method: The type and design of research is descriptive analytic study with a cross sectional design conducted in December 2020 – January 2021. The population of this study were students of the Nutrition Science Study Program of STIKes HOLISTIK as many as 74 people and the samples were taken by consecutive sampling method by meeting the

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