

## ABSTRAK

### **Hubungan Pengetahuan dan Kebiasaan Membaca Label Informasi Nilai Gizi dengan Konsumsi Natrium Makanan Kemasan Penderita Hipertensi**

(Studi pada Posbindu Penyakit Tidak Menular Desa Karanggintung)

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**Latar Belakang:** Pengetahuan dan penggunaan label informasi nilai gizi pada makanan kemasan dapat membantu menyeimbangkan pola asupan natrium pada penderita hipertensi. Tujuan penelitian ini untuk mengetahui hubungan antara pengetahuan dan kebiasaan membaca label informasi nilai gizi dengan konsumsi natrium makanan kemasan pada penderita hipertensi di Posbindu PTM Karanggintung.

**Metodologi:** Desain penelitian pada penelitian ini adalah *cross sectional* dengan pendekatan kuantitatif. Sampel penelitian diambil dengan teknik *total sampling* sebanyak 40 responden berusia 18-45 tahun peserta Posbindu PTM Desa Karanggintung. Pengetahuan dan kebiasaan membaca label informasi nilai gizi diukur menggunakan kuesioner, serta data konsumsi natrium makanan kemasan dikumpulkan dengan *Semi Quantitative Food Frequency Questionnaire* (SQFFQ) melalui wawancara. Data dianalisis dengan uji *Pearson's Correlations*.

**Hasil Penelitian:** Hasil analisis uji korelasi data pengetahuan label informasi nilai gizi dengan konsumsi natrium makanan kemasan, didapatkan nilai p sebesar 0,12 ( $p > 0,05$ ) dan nilai r sebesar 0,24, sementara data kebiasaan membaca label informasi nilai gizi dengan konsumsi natrium makanan kemasan didapatkan nilai p sebesar 0,00 ( $p < 0,05$ ) dan nilai r sebesar -0,68.

**Kesimpulan:** Tidak ada hubungan yang signifikan antara pengetahuan label informasi nilai gizi dengan konsumsi natrium makanan kemasan. Ada hubungan yang signifikan antara kebiasaan membaca label informasi nilai gizi dengan konsumsi natrium makanan kemasan, dengan korelasi kuat, dimana semakin tinggi kebiasaan membaca label informasi gizi seseorang, semakin rendah konsumsi natrium makanan kemasan.

**Kata Kunci:** label informasi nilai gizi, makanan kemasan, pengetahuan.

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## ABSTRACT

### **The Relationship between Knowledge and Habits of Reading Nutrition Facts Label with Sodium Consumption of Packaged Foods on Patients with Hypertension**

(Study at Integrated Guidance Post (Posbindu) For Non-Communicable Diseases Karanggintung Village)

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**Background:** Knowledge and habits of reading nutrition facts labels on packaged foods can help balance sodium intake patterns in patients with hypertension. This study aims to determine the relationship between knowledge and habits of reading nutrition facts labels with sodium consumption of packaged food in people with hypertension in Posbindu PTM Desa Karanggintung.

**Methods:** This research was conducted with a quantitative approach with a cross sectional research design. The research sample was taken with a total sampling technique of 40 respondents aged 18-45 years old participants of Posbindu PTM Karanggintung Village. Knowledge level and habit of reading nutritional value information labels were measured using a questionnaire, and data on sodium consumption of packaged foods was collected using the Semi Quantitative Food Frequency Questionnaire (SQFFQ) through interviews. Data were analyzed by Pearson's Correlations test.

**Results:** The results of the *Pearson's Correlations* test analysis of knowledge of nutrition facts label with sodium consumption of packaged foods, obtained p value of 0.12 ( $p > 0.05$ ) and r value of 0.24, while the correlation between habits of reading nutrition facts label with sodium consumption of packaged foods obtained p value of 0.00 ( $p < 0.05$ ) and r value of -0.68.

**Conclusion:** There is no significant association between knowledge of nutrition facts label and sodium consumption of packaged food. There is significant association between use of nutrition facts labels and sodium consumption of packaged food, where the correlation is strong and the higher the habits of reading nutrition facts label, the lower sodium consumption of packaged foods.

**Keywords:** knowledge, nutrition facts label, packaged food.

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