

## ABSTRAK

### PENGARUH PENERAPAN EMPAT PILAR GIZI SEIMBANG DENGAN STATUS GIZI MAHASISWA JURUSAN ILMU GIZI UNIVERSITAS JENDERAL SOEDIRMAN

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**Latar Belakang:** Upaya perbaikan gizi dapat dengan cara penerapan pedoman gizi seimbang yang terdiri dari konsumsi makanan beragam, perilaku hidup bersih, aktivitas fisik, dan pemantauan berat badan normal. Tujuan penelitian ini untuk mengetahui pengaruh penerapan gizi seimbang dengan status gizi mahasiswa.

**Metode:** Penelitian ini menggunakan desain *cross sectional*. Jumlah responden 64 mahasiswa angkatan 2020 dan 2021 menggunakan *stratified random sampling*. Instrumen penelitian menggunakan kuesioner DDS, PHBS, IPAQ-SF, dan pemantauan berat badan normal. Uji bivariat variabel perilaku hidup bersih dan aktivitas fisik menggunakan *Pearson Product Moment*, variabel konsumsi makanan beragam dan pemantauan berat badan normal menggunakan *Rank Spearman*. Uji multivariat menggunakan regresi linear berganda.

**Hasil Penelitian:** Terdapat hubungan konsumsi makanan beragam dengan status gizi ( $p= 0,012$   $r= 0,311$ ). Tidak terdapat hubungan perilaku hidup bersih ( $p= 0,305$ ), aktivitas fisik ( $p= 0,714$ ), dan pemantauan berat badan normal ( $p= 0,104$ ) dengan status gizi. Terdapat pengaruh konsumsi makanan beragam dan pemantauan berat badan normal dengan status gizi ( $p= 0,003$ ,  $r^2= 0,174$ ).

**Kesimpulan:** Terdapat pengaruh konsumsi makanan beragam dan pemantauan berat badan normal dengan status gizi mahasiswa.

**Kata Kunci:** aktivitas fisik, konsumsi makanan beragam, pemantauan berat badan normal, perilaku hidup bersih, status gizi.

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## ABSTRACT

### THE EFFECT OF IMPLEMENTING THE FOUR PILLARS OF BALANCED NUTRITION WITH NUTRITIONAL STATUS OF STUDENTS MAJORING IN NUTRITION SCIENCE JENDERAL SOEDIRMAN UNIVERSITY

*Yulindra Adinta Novrianto<sup>1</sup>, Hesti Permata Sari<sup>2</sup>, Katri Andini Surijati<sup>2</sup>*

**Background:** Nutrition improvement efforts can use the implementation of balanced nutrition guidelines consisting of diverse food consumption, clean living behaviors, physical activity, and normal weight monitoring. The purpose of this study is to determine the effect of applying balanced nutrition with the nutritional status of college students.

**Method:** This study used a cross sectional design. The total respondents are 64 students of the class of 2020 and 2021 using stratified random sampling. The instrument that used in this study are DDS questionnaire, PHBS, IPAQ-SF, and normal weight monitoring. Bivariate test of clean living behavior and physical activity variables using Pearson Product Moment, diverse food consumption and normal weight monitoring variables using Rank Spearman. Multivariate test using multiple linear regression.

**Result:** There was correlation between diverse food consumption with nutritional status ( $p= 0,012$   $r= 0,311$ ). There was no correlation of clean living behavior ( $p= 0.305$ ), physical activity ( $p= 0,714$ ), and normal weight monitoring ( $p= 0,104$ ) with nutritional status. Diverse food consumption and normal weight monitoring together can affect the nutritional status ( $p= 0,003$ ,  $r^2= 0,174$ ). There was an influence of diverse food consumption and normal weight monitoring with nutritional status.

**Conclusion:** There was an influence of diverse food consumption and normal weight monitoring with nutritional status.

**Keywords:**, diverse food consumption, clean living behavior, normal weight monitoring, nutritional status, physical activity,

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