

ABSTRAK

HUBUNGAN PENGELUARAN PANGAN DAN KONSUMSI *FAST FOOD* DENGAN KERAGAMAN PANGAN PADA MAHASISWA INDEKOS JURUSAN ILMU GIZI UNIVERSITAS JENDERAL SOEDIRMAN

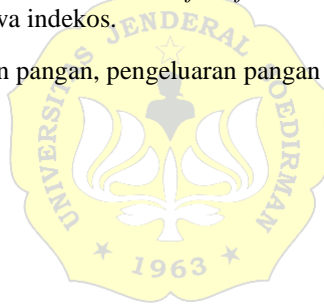
Latar Belakang: Keberagaman konsumsi makan pada mahasiswa gizi masih kurang meskipun pengetahuan tentang makanan beragam sudah mumpuni. Mahasiswa indekos dianggap lebih rentan memiliki keragaman pangan yang rendah terkait dengan pengeluaran pangan dan konsumsi *fast food*. Penelitian ini bertujuan untuk menganalisis hubungan pengeluaran pangan dan konsumsi *fast food* pada mahasiswa indekos jurusan ilmu gizi.

Metodologi: Desain *cross sectional*, sejumlah 104 mahasiswa aktif Jurusan Ilmu Gizi Unsoed (18-24 tahun) dan berstatus indekos yang ditentukan menggunakan *proportionate stratified random sampling*. Data pengeluaran pangan diperoleh menggunakan kuesioner pengeluaran pangan. Data konsumsi *fast food* diperoleh melalui *food frequency questionnaire*. Data keragaman pangan diperoleh melalui *food recall* 1x 24 jam dan diukur menggunakan formulir *Dietary Diversity Score* (DDS). Analisis data menggunakan uji korelasi *Spearman*.

Hasil Penelitian: Konsumsi 81,7% mahasiswa tidak beragam. Terdapat korelasi yang signifikan antara pengeluaran pangan ($p\text{-value} = 0,000$ dan $r = 0,476$) dan konsumsi *fast food* ($p\text{-value} = 0,041$ dan $r = -0,201$) dengan keragaman pangan

Kesimpulan: Pengeluaran pangan dan konsumsi *fast food* secara signifikan berkorelasi dengan keragaman pangan pada mahasiswa indekos.

Kata Kunci: *fast food*, keragaman pangan, pengeluaran pangan



ABSTRACT

THE RELATIONSHIP BETWEEN FOOD EXPENDITURE AND FAST FOOD CONSUMPTION WITH FOOD DIVERSITY IN BOARDING STUDENTS MAJORING IN NUTRITIONAL SCIENCE AT JENDERAL SOEDIRMAN UNIVERSITY

Background: Dietary diversity of nutrition science student is still lacking despite their knowledge of diverse foods. Boarding students are considered more vulnerable to having low food diversity related to food expenditure and *fast food* consumption. This study aims to analyze the relationship between food expenditure and *fast food* consumption in boarding students majoring in nutrition science.

Methodology: Cross sectional design, a total of 104 active students of the Department of Nutrition Science Unsoed (18-24 years old) and boarding house status were determined using proportionate stratified random sampling. Food expenditure data were obtained using a food expenditure questionnaire. Fast food consumption data were obtained through food frequency questionnaire. Food diversity data was obtained through 1x 24-hour food recall and measured using the Dietary Diversity Score (DDS) form. Data were analyzed using Spearman correlation test.

Results: The consumption of 81.7% of students was not diverse. There was a significant correlation between food expenditure (p-value = 0.000 and $r = 0.476$) and *fast food* consumption (p-value = 0,041 and $r = -0,201$) with food diversity.

Conclusion: Food expenditure and *fast food* consumption are significantly correlated with dietary diversity in boarding students.

Keywords: dietary diversity score, *fast food*, food expenditure

