

ABSTRAK

PERBEDAAN ASUPAN KARBOHIDRAT, LEMAK, PROTEIN DAN STATUS GIZI PADA MAHASISWA UNIVERSITAS MUHAMMADYAH PURWOKERTO DENGAN KATERING DAN NON KATERING

Utami Tifani Sagir, Indah Nuraeni, Yovita Puri Subardjo

Latar Belakang: Mahasiswa tergolong kedalam kategori remaja akhir dengan usia 18-21 tahun dimana pada usia ini terjadi pertumbuhan yang ditunjukkan dengan penambahan berat badan, tinggi badan, massa lemak dan massa otot. Asupan gizi mahasiswa perlu diperhatikan terutama mereka yang tinggal indekos ataupun asrama. Untuk memenuhi kebutuhan gizi mahasiswa, beberapa asrama di universitas menyediakan penyelenggaraan makanan. Tujuan Penelitian ini adalah mengetahui perbedaan asupan karbohidrat, lemak, protein dan status gizi pada mahasiswa Universitas Muhammadiyah Purwokerto dengan katering dan non katering.

Metode: Penelitian ini menggunakan bentuk desain *crosssectional*. Lokasi penelitian dilakukan di UMP pada 34 mahasiswa tinggal di asrama dan 34 mahasiswa tinggal indekos. Data asupan karbohidrat, lemak dan protein diperoleh dari wawancara *food recall* 24 jam, lalu pengukuran BB dan TB.

Hasil Penelitian: Rata-rata asupan energi, karbohidrat, lemak dan protein pada mahasiswa dengan katering adalah 1780,64 kkal, 309,33 gram, 34,8 gram, dan 51,85 gram, sedangkan pada mahasiswa non katering adalah 1992,14 kkal, 321,26 gram, 63,03 gram, dan 49,62 gram. Rata-rata status gizi mahasiswa dengan katering dan non katering adalah 21,27 dan 21,26.

Kesimpulan: Ada perbedaan asupan energi dan asupan lemak antara mahasiswa dengan katering dan non katering ($p < 0,05$). Tidak ada perbedaan asupan karbohidrat dan protein antara mahasiswa dengan katering dan non katering ($p > 0,05$). Tidak ada perbedaan status gizi pada mahasiswa katering dan non katering.

Kata Kunci : energi, karbohidrat, lemak, protein, UMP, katering, non katering.

ABSTRACT

THE DIFFERENCE OF CARBOHYDRATE, FAT AND PROTEIN INTAKE, AND NUTRITIONAL STATUS BETWEEN STUDENTS USED CATERING AND NON CATERING IN UNIVERSITAS MUHAMMADYAH PURWOKERTO

Utami Tifani Sagir, Indah Nuraeni, Yovita Puri Subardjo

Background: Students belong to late adolescent since aged 18-21 years old. At this period, the growth which indicated by weight gain, height rise, fat mass and muscle mass gain was occurred. Nutritional intake of students need to be considered especially for those who live in boarding houses or dormitories. To comply the nutritional needed of students, several dormitories provide food service. The aim of this study was to determine the difference of carbohydrate, fat and protein intake, and also nutritional status between students used catering and non catering in Universitas Muhammadiyah Purwokerto.

Methods: This study was done with crosssectional design form. The location of the study was conducted at UMP in 34 students living in dormitory and 34 students living in boarding houses. The reports on carbohydrate, fat and protein intake were obtained from 24-hour food recall interview and body weight and height measurement.

Results: The average of energy, carbohydrate, fat and protein intake of students used catering are 1780.64 kcal; 309.33 grams; 34.8 grams; and 51.85 grams respectively, while non-catering students are 1992.14 kcal; 321.26 grams; 63.03 grams; and 49.62 grams respectively. On the other hand, the average of nutritional status of students used catering and non-catering are 21.27 and 21.26 respectively.

Conclusion: Energy and fat intake between students used catering and non-catering were different ($p < 0.05$), but carbohydrate and protein intake, and nutritional status between students used catering and non-catering not showed the differences ($p > 0.05$).

Key words : Energy, carbohydrate, fat, protein, UMP, catering, non catering