

ABSTRAK

ANALISIS ASUPAN MAKAN MAHASISWA PRODI GIZI SELAMA PANDEMI COVID-19

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Latar Belakang: Pandemi COVID-19 yang terjadi di seluruh dunia sejak awal tahun 2020 memberikan dampak luas terhadap seluruh aspek kehidupan manusia, termasuk pola makan individu. Berbagai kebijakan yang ditetapkan sebagai respon terhadap pandemi dapat mempengaruhi kondisi psikologis individu yang berdampak pada perubahan pola makan. Penelitian ini bertujuan untuk mengetahui gambaran asupan makan mahasiswa prodi gizi selama masa pandemi COVID-19.

Metodologi: Desain penelitian ini adalah penelitian kuantitatif dengan metode deskriptif. Sampel merupakan mahasiswa gizi berjumlah 56 orang diambil secara *total sampling*. Total asupan makanan responden diambil dengan metode *Food Record* 7x24 jam. Analisis data menggunakan uji univariat.

Hasil Penelitian: Sebanyak 52 mahasiswa (92,9%) berjenis kelamin perempuan, sebanyak 24 mahasiswa (42,9%) tidak tinggal bersama orang tua. Berdasarkan status gizi, sebanyak 36 mahasiswa (64,3%) tergolong normal. Sebanyak lebih dari 50% mahasiswa memiliki tingkat kecukupan energi, protein, lemak dan karbohidrat yang rendah. Begitu pula dengan zat gizi mikro, lebih dari setengah mahasiswa memiliki tingkat kecukupan zat gizi; besi, seng dan vitamin C di bawah standar minimum. Proporsi zat gizi dengan kontribusi tertinggi berasal dari karbohidrat yakni sebesar 59% diikuti lemak 29% dan protein 12%. Kontribusi asupan snack mahasiswa terhadap asupan total yaitu 19,34% energi dari snack, protein dari snack sebanyak 14,20%, lemak dari snack sebesar 21,91% dan karbohidrat sebesar 19,8%.

Kesimpulan: Asupan makanan responden selama masa pandemi COVID-19 baik zat gizi makro maupun mikro masih belum mencukupi kebutuhan sesuai Angka Kecukupan Gizi (AKG).

Kata Kunci: Asupan makan, mahasiswa, Pandemi COVID-19

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ABSTRACT

ANALYSIS OF DIETARY INTAKE AMONG NUTRITIONAL STUDENTS DURING PANDEMIC COVID-19

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Background: The COVID-19 pandemic since early 2020 has a broad impact on aspects of human life, including individual dietary patterns. The various policy, established as a response to a pandemic, affects the individual's psychological condition that it has an impact on dietary changes. This study aims to determine the dietary intake of students in the nutritional department during COVID-19 pandemic.

Methods: This study used quantitative research with descriptive methods. The samples are 56 students of the nutritional department, taken by the *total sampling* method. The dietary intake of respondents was taken by *food record* method for 7x24 hours. The data analyzed by a univariate test.

Results: A total of 52 students (92.9%) were female and 24 students (42.9%) were not living with their parents. In terms of nutritional status, as many as 64.3% of students categorized as normal. More than 50% of students had a low intake of energy, protein, fat, and carbohydrate. The same goes for micronutrients, more than half of the students have a low level of iron, zinc, and vitamin C nutrients in their meal. The highest nutrients contribution comes from carbohydrates, which is 59% followed by fat 29% and protein 12%. Contribution of students' snack intake to total intake is 19.34% for energy, 14.20% for protein, 21.91% for fat and 19.8% for carbohydrate.

Conclusion: The student's dietary intake during the COVID-19 period, both macro and micronutrients, was not sufficient according to the RDA (Recommended Dietary Allowance).

Keywords: Dietary intake, students, COVID-19 pandemic

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