

ABSTRAK

HUBUNGAN KEPUASAN VARIASI MENU DAN KESESUAIAN BESAR PORSI DENGAN SISA MAKANAN LAUK HEWANI PADA SANTRIWATI MADRASAH ALIYAH PONDOK PESANTREN MODERN ISLAM ASSALAAM SURAKARTA

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Latar Belakang : Salah satu permasalahan yang sering muncul pada penyelenggaraan makanan adalah tingginya sisa makanan akibat variasi menu yang kurang menarik dan ketidaksesuaian besar porsi makanan yang disajikan. Tujuan penelitian ini adalah mengetahui hubungan antara kepuasan variasi menu dan kesesuaian besar porsi dengan sisa makanan lauk hewani pada santriwati Madrasah Aliyah Pondok Pesantren Modern Islam Assalaam Surakarta.

Metode : Penelitian ini merupakan penelitian observasional dengan desain *cross sectional* yang dilaksanakan di PPMI Assalaam Surakarta. Sampel berjumlah 50 santriwati dengan rentang usia 15-18 tahun yang dipilih menggunakan teknik *purposive sampling*. Data kepuasan variasi menu diperoleh melalui kuesioner, kesesuaian besar porsi diukur dengan formulir kesesuaian porsi, dan sisa makanan diukur menggunakan metode *weighed plate waste*. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Chi-square*.

Hasil Penelitian : Sebanyak 31,6% responden yang tidak puas memiliki sisa makanan yang banyak dan sebanyak 28,6% responden yang mendapatkan porsi lauk tidak sesuai memiliki sisa makanan yang banyak. Berdasarkan hasil tersebut, tidak terdapat hubungan antara kepuasan variasi menu dengan sisa makanan lauk hewani ($p=0,109$). Terdapat hubungan yang signifikan antara kesesuaian besar porsi dengan sisa makanan lauk hewani ($p=0,021$).

Kesimpulan : Kesesuaian besar porsi memiliki hubungan yang signifikan dengan sisa makanan lauk hewani, sedangkan kepuasan variasi menu tidak berhubungan secara signifikan.

Kata Kunci : Variasi Menu, Kesesuaian Porsi, Sisa Makanan, Lauk Hewani

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ABSTRACT

THE RELATIONSHIP BETWEEN MENU VARIETY SATISFACTION AND PORTION SIZE APPROPRIATENESS WITH ANIMAL-BASED FOOD WASTE AMONG FEMALE STUDENTS OF MADRASAH ALIYAH PONDOK PESANTREN MODERN ISLAM ASSALAAM SURAKARTA

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Background: One of the common problems in food service is high plate waste due to unattractive menu variety and inappropriate portion sizes. This study aimed to determine the relationship between menu variety satisfaction and portion size appropriateness with animal-based side dish plate waste among female students at Madrasah Aliyah Pondok Pesantren Modern Islam Assalaam Surakarta.

Methods : This was an observational study with a cross-sectional design conducted at PPMI Assalaam Surakarta. The sample consisted of 50 female students aged 15-18 years, selected using a purposive sampling technique. Data on menu variety satisfaction were collected using a questionnaire, portion size appropriateness was assessed using a portion suitability form, and food waste was measured using the weighed plate waste method. Data were analyzed using univariate and bivariate analyses with the Chi-square test.

Research result : A total of 31.6% of dissatisfied respondents had high plate waste, and 28.6% of respondents who received inappropriate portion sizes had high plate waste. Based on these results, there was no relationship between menu variety satisfaction and animal-based side dish plate waste ($p=0.109$). There was a significant relationship between portion size appropriateness and animal-based side dish plate waste ($p=0.021$).

Conclusion : Portion size appropriateness had a significant relationship with animal-based side dish plate waste, while menu variety satisfaction showed no significant relationship.

Keywords : Menu Variety, Portion Size Appropriateness, Food Waste, Animal-Based Dishes

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