

HUBUNGAN KEBIASAAN MAKAN, KONSUMSI MIE INSTAN DAN PENGETAHUAN GIZI DENGAN STATUS GIZI MAHASISWA DI III TEKNOLOGI LABORATORIUM MEDIS UNIVERSITAS MH. THAMRIN

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ABSTRAK

Latar belakang: Status gizi didefinisikan sebagai kondisi tubuh akibat asupan makan dan penggunaan zat-zat gizi. Masa transisi dari lingkungan sekolah ke Perguruan Tinggi sering kali memperburuk kebiasaan makan mahasiswa. Jadwal perkuliahan yang padat membuat mahasiswa memilih makanan cepat saji seperti mie instan. Kurangnya pengetahuan gizi juga menjadi faktor pemicu munculnya masalah gizi dan perubahan kebiasaan makan. **Tujuan:** Mengetahui hubungan kebiasaan makan, konsumsi mie instan dan pengetahuan gizi dengan status gizi pada mahasiswa program studi DIII Teknologi Laboratorium Medis Universitas MH. Thamrin. **Metode:** Penelitian ini bersifat kuantitatif dengan desain *cross sectional*. Pengambilan data dilakukan menggunakan pengukuran antropometri, pengisian kuesioner kebiasaan makan, konsumsi mie instan dan pengetahuan gizi. Pengambilan sampel pada penelitian ini menggunakan teknik *purposive sampling*. Populasi pada penelitian ini sebanyak 141 mahasiswa dengan sampel yang diperoleh 109 mahasiswa dan dianalisis secara univariat dan bivariat menggunakan uji statistik Chi-Square. **Hasil:** Penelitian ini menunjukkan bahwa sebagian besar mahasiswa memiliki status gizi normal yaitu sebanyak 57 mahasiswa (52,3%). Ada hubungan antara konsumsi mie instan dengan status gizi (*p value*: 0,032). Tidak ada hubungan yang signifikan antara kebiasaan makan (*p value*: 0,075) dan pengetahuan gizi (*p value*: 0,400) dengan status gizi. **Saran:** Diharapkan untuk mengikuti program edukasi gizi diluar kampus atau yang diadakan oleh kampus yang menarik dan interaktif, mengenai pemahaman gizi seimbang.

Kata kunci: Status gizi, kebiasaan makan, pengetahuan gizi

THE RELATIONSHIP BETWEEN EATING HABITS, INSTANT NOODLE CONSUMPTION AND NUTRITIONAL KNOWLEDGE WITH NUTRITIONAL STATUS OF DIII STUDENTS OF MEDICAL LABORATORY TECHNOLOGY, MH UNIVERSITY. THAMRIN

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ABSTRACT

Background: Nutritional status is defined as the condition of the body due to the intake of food and the use of nutrients. The transition period from school to university environment often worsens students' eating habits. The busy lecture schedule makes students choose fast food such as instant noodles. Lack of nutritional knowledge is also a triggering factor for the emergence of nutritional problems and changes in eating habits. **Objective:** To determine the relationship between eating habits, instant noodle consumption and nutritional knowledge and nutritional status in students of the DIII Medical Laboratory Technology study program, MH University. Thamrin. **Methods:** This study was quantitative with a cross sectional design. Data collection was carried out using anthropometric measurements, filling out questionnaires on eating habits, instant noodle consumption and nutritional knowledge. Sampling in this study uses a purposive sampling technique. The population in this study was 141 students with a sample obtained from 109 students and analyzed univariate and bivariate using the Chi-Square statistical test. **Results:** This study showed that most of the students had normal nutritional status, which was 57 students (52.3%). There was a relationship between instant noodle consumption and nutritional status (p value: 0.032). There was no significant relationship between eating habits (p value: 0.075) and nutritional knowledge (p value: 0.400) and nutritional status. **Suggestion:** It is expected to take part in nutrition education programs outside the campus or held by the campus that are interesting and interactive, regarding the understanding of balanced nutrition.

Keywords: Nutritional status, eating habits, nutritional knowledge