

**Hubungan Kebiasaan Konsumsi Kopi, Asupan Makan, Dan Tingkat Stres
Dengan Status Gizi Pada Mahasiswa DIII Teknologi Laboratorium Medis
Universitas MH Thamrin Tahun 2024**

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ABSTRAK

Status gizi adalah kondisi keseimbangan antara asupan nutrisi dan kebutuhan gizi tubuh. Dampak kurang gizi menurunkan produktivitas kerja, sedangkan kelebihan gizi berisiko penyakit degeneratif. Asupan makan merupakan kebiasaan makan yang mempengaruhi status gizi. Kopi menjadi salah satu minuman yang dikonsumsi mahasiswa untuk meningkatkan konsentrasi saat perkuliahan. Kafein dalam kopi meningkatkan nafsu makan yang mempengaruhi status gizi. Mahasiswa yang stres akibat perkuliahan cenderung makan berlebih yang berdampak pada status gizi. Penelitian ini bertujuan untuk mengetahui hubungan kebiasaan konsumsi kopi, asupan makan, dan tingkat stres dengan status gizi pada mahasiswa DIII Teknologi Laboratorium Medis. Jenis penelitian ini kuantitatif dan menggunakan metode Cross Sectional dengan menggunakan kuesioner dan wawancara recall 2x24 jam. Populasi penelitian ini yaitu mahasiswa DIII Teknologi Laboratorium Medis semester 3 dan 5 di Universitas MH Thamrin yang berjumlah 141 mahasiswa dan didapatkan sampel 104 mahasiswa. Hasil univariat penelitian ini mahasiswa dengan status gizi normal (58,7%), mahasiswa jarang mengkonsumsi kopi (75%), mahasiswa dengan asupan energi kurang (44,2%), asupan protein kurang (48,1%), asupan lemak lebih (65,4%), asupan karbohidrat kurang (65,4%), dan mahasiswa yang stres (65,4%). Hasil bivariat menyatakan bahwa ada hubungan asupan makan (Energi p-value 0,000), (protein p-value 0,000), (lemak p-value 0,011) (karbohidrat p-value 0,000), dan tingkat stres $P\text{-Value} = 0,025$ dengan status gizi, namun tidak ada hubungan pada kebiasaan konsumsi kopi dengan status gizi $P\text{-Value} = 0,661$. Saran bagi universitas dapat membuka layanan konsultasi stres untuk mahasiswa yang stres akibat perkuliahan dan bagi program studi gizi dapat melakukan kegiatan penyuluhan menu gizi seimbang yang beragam dan kreatif.

Kata Kunci: Status Gizi, Konsumsi Kopi, Asupan Makan, Tingkat Stres, Mahasiswa

The Relationship Between Coffee Consumption Habits, Food Intake, and Stress Levels with Nutritional Status of DIII Medical Laboratory Technology Students, MH Thamrin University in 2024

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ABSTRACT

Nutritional status is a condition of balance between nutritional intake and nutritional needs of the body. The impact of malnutrition reduces work productivity, while excess nutrition is at risk of degenerative diseases. Food intake is an eating habit that affects nutritional status. Coffee is one of the drinks students consume to increase concentration during lectures. Caffeine in coffee increases appetite which affects nutritional status. Students who are stressed due to lectures tend to overeat which has an impact on nutritional status. This study aims to determine the relationship between coffee consumption habits, food intake, and stress levels with nutritional status in DIII Medical Laboratory Technology students. This type of research is quantitative and uses a Cross-Sectional method using a questionnaire and 2x24 hour recall interviews. The population of this study was DIII Medical Laboratory Technology students in semesters 3 and 5 at MH Thamrin University totaling 141 students and a sample of 104 students was obtained. The univariate results of this study were students with normal nutritional status (58.7%), students who rarely consume coffee (75%), students with low energy intake (44.2%), low protein intake (48.1%), high fat intake (65.4%), low carbohydrate intake (65.4%), and students who were stressed (65.4%). The bivariate results stated that there was a relationship between food intake (Energy p-value 0.000), (protein p-value 0.000), (fat p-value 0.011) (carbohydrate p-value 0.000), and stress levels P-Value = 0.025 with nutritional status, but there was no relationship between coffee consumption habits and nutritional status P-Value = 0.661. Suggestions for universities are to open stress consultation services for students who are stressed due to lectures and for nutrition study programs to conduct balanced nutrition menu counseling activities that are diverse and creative.

Keywords: Nutritional Status, Coffee Consumption, Food Intake, Stress Level, Students