

# Pengetahuan, sikap, dan perilaku mahasiswa FKUI tentang gizi kurang pada tahun 2011 serta faktor-faktor yang berhubungan = Knowledge attitude and behavior of medical students at University of Indonesia about under nutrition in 2011 and its related factors

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## Abstrak

Di Indonesia, banyak yang menderita gizi kurang. Kekurangan zat gizi selain dapat mengakibatkan penurunan berat badan dan peningkatan angka kesakitan juga dapat mengakibatkan penurunan kualitas hidup dan produktivitas kerja. Penelitian ini bertujuan untuk menghubungkan antara pengetahuan, sikap, dan perilaku untuk mencegah terjadinya gizi kurang, status gizi dan sebaran sosiodemografi mahasiswa FKUI. Penelitian menggunakan desain cross-sectional dengan 108 sampel mahasiswa FKUI yang diambil secara random. Identitas umum diperoleh dengan meminta sampel penelitian mengisi lembar identitas umum yang berisikan sebaran sosiodemografi (nama, jenis kelamin, usia, asal pulau, pendidikan dan pekerjaan orangtua) serta berat badan dan tinggi badan hasil pengukuran langsung dimana tim peneliti berperan sebagai pengukur. Setelah itu subyek mengisi kuesioner pengetahuan, sikap, dan perilaku tentang gizi kurang. Seluruh data yang telah terisi lengkap akan diuji menggunakan SPSS for windows versi 16 untuk diteliti hubungan diantaranya.

Penelitian tentang gizi kurang menunjukkan terdapat hubungan antara sikap terhadap status gizi ( $p=0,002$ ), terdapat hubungan antara pekerjaan ayah terhadap sikap ( $p=0,045$ ), tidak terdapat hubungan antara pengetahuan, sikap, usia, jenis kelamin, asal pulau, pendidikan ayah, pendidikan ibu, dan pekerjaan ibu terhadap perilaku ( $p>0,05$ ), tidak terdapat hubungan antara pengetahuan dan sebaran sosiodemografi terhadap sikap ( $p>0,05$ ), tidak terdapat hubungan antara pengetahuan dan perilaku terhadap status gizi ( $p>0,05$ ). Terdapat hubungan antara sikap tentang gizi kurang terhadap status gizi. Terdapat hubungan antara pekerjaan ayah terhadap sikap responden tentang gizi kurang. Dan tidak terdapat hubungan antara variabel lainnya.

.....In Indonesia, there have been many cases of people suffering from undernourishment. Nutrient deficiency may result not only in a decrease in body weight and the rise of the number of those suffering from it, but may also result in the lowering of the quality of living and work productivity. This research is aimed at linking students' knowledge, attitude, and behavior to avoid undernourishment, and to obtain the nutritional status and socio-demographic distribution among FMUI students. This research used a cross-sectional survey design with 108 selected samples of FMUI students taken by means of a random sampling method. The general identity was obtained by filling in a questionnaire on the subjects' socio-demographic distribution (name, gender, age, island of origin, parents' education and parents' occupations), and their body weights and heights measured on the spot by the research team. Then, the subject filled in a questionnaire on their knowledge, attitude and behavior about undernourishment. The completed data whose interrelationship was to be determined was tested using SPSS for Windows version 16.

This research on undernourishment shows the evidence of a link between attitude and nutritional status ( $p=0.002$ ), between father's occupation and attitude ( $p=0.045$ ), no evidence of a link between students' knowledge, attitude, age, gender, island of origin, parents' education and occupation and their behavior

( $p > 0.05$ ), no evidence of a link between students' knowledge and socio-demographic distribution and their attitude ( $p > 0.05$ ), no evidence of a link between students' knowledge and behavior and their nutritional status ( $p > 0.05$ ). There is evidence of a link between students' attitude toward undernourishment and their nutritional status. There is also evidence of a link between respondents' fathers' occupations and their attitude towards undernourishment. No link is discovered between any of the other variables.