

## Pengetahuan, sikap dan perilaku mahasiswa fkui tentang gizi lebih pada tahun 2011 serta faktor-faktor yang berhubungan = The knowledge, attitude and behavior of medical students about excessive nutrition in 2011 and its related factors

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### Abstrak

Di Indonesia, masalah gizi lebih telah dialami oleh kelompok dewasa muda, Kejadian ini dapat berhubungan dengan pengetahuan, sikap, dan perilaku seorang individu. Oleh karena, masih sedikitnya penelitian tentang hal tersebut, peneliti ingin mencari lebih dalam hubungan diantaranya. Peneliti menggunakan desain penelitian cross-sectional. Subyek penelitian adalah 108 mahasiswa FKUI yang dipilih secara random dan telah memenuhi kriteria inklusi, subyek diminta mengisi identitas berupa nama, usia, jenis kelamin, asal pulau, tingkat pendidikan & pekerjaan orangtua, kemudian dilakukan pengukuran TB, BB, lingkar perut & pinggang, setelah itu subyek mengisi pertanyaan kuisisioner pengetahuan, sikap dan perilaku tentang gizi lebih. Hasil dari identitas sosio demografi, dan skor kuisisioner dicari hubungan diantaranya. Subyek penelitian rata-rata berusia 19,94 tahun dengan berat rata-rata 59,41 kg dan tinggi badan rata-rata 161, 6 cm. Subyek yang memiliki tingkat pengetahuan tinggi terdapat 15,7% dan tingkat pengetahuan sedang sebanyak 78,7%, sikap positif sebanyak 87%, dan tingkat perilaku tinggi sebanyak 10,2% dan tingkat perilaku sedang sebanyak 80,6%. Dengan menggunakan uji chi-square, tidak didapatkan hubungan bermakna antara pengetahuan, sikap dan perilaku subyek tentang gizi lebih, antara karakteristik sosio demografi dengan pengetahuan, sikap dan perilaku, dan antara pengetahuan, sikap, perilaku dengan status gizi. Perlu lebih banyak diadakan penyuluhan dan promosi kesehatan lainnya di kampus untuk meningkatkan tingkat pengetahuan, sikap, dan perilaku mahasiswa FK tentang gizi lebih.

.....In Indonesia, the excessive nutritional problems have been experienced by the young adult age group, this incident may be related with the level of knowledge, attitudes, and behavior of an individual. Because of not too many research on this topic, researcher is looking more deeply about the relationship between them. This research using cross-sectional. Subjects, 108 students of FKUI, chosen at random and fulfilled the inclusion criteria. They asked to fill out their name, age, sex, origin, and parents' level of education & employment, measured in TB, BB, abdominal & waist circumference, fill the questionnaire questions about knowledge, attitudes and behaviors about excessive nutrition. At the end, researcher was looking for the relationship between the results of the socio demographic, and score of the questionnaire. Subjects' average of age was 19.94 (20) years, weight was 58.94 kg and height was 161.6 cm. Subject who has a high level of knowledge were 15.7% and has middle level of knowledge were 78.7%, has positive attitude were 87%, and has high level of behavior were 10.2% and has middle level of behavior were 80.6%. By using chi-square, researcher found no significant relationship between knowledge, attitudes and behavior, socio-demographic with their knowledge, attitudes and behavior, and knowledge, attitudes, and behaviour with nutritional status. Needs more counseling and other health promotion on campus area to increase medical students' knowledge, attitudes, and behaviour levels about excessive nutrition.