

Hubungan motivasi dalam memilih makanan dan faktor lainnya terhadap skor pemilihan makanan pada Mahasiswa S1 Reguler Universitas Indonesia Tahun 2014 = The relationship between food choice motivation other factors and food choice score in Undergraduate Students of University of Indonesia in 2014.

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Abstrak

[ABSTRAK

Pemilihan makanan merupakan sebuah proses kompleks yang melibatkan banyak faktor, mulai dari biologis hingga antropologis. Penelitian ini dilakukan untuk mengetahui faktor-faktor yang berpengaruh terhadap pemilihan makanan pada mahasiswa S1 Reguler Universitas Indonesia. Penelitian menggunakan desain studi cross-sectional dengan pendekatan kuantitatif. Pemilihan makanan dalam penelitian ini diukur menggunakan skor pemilihan makanan yang mencakup aspek kecukupan asupan zat gizi, variasi, dan keseimbangan zat gizi makro. Variabel independen yang dinilai berhubungan signifikan dengan skor pemilihan makanan berdasarkan penelitian ini adalah tempat tinggal, motivasi dalam memilih makanan, dan pengetahuan gizi.

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ABSTRACT

Food Choice is a complex process involving different factors from biological to anthropological. This study was conducted to find the factors influencing food choice in undergraduate students of University of Indonesia. This study uses cross-sectional design with quantitative method. Food choice in this study were measured using food choice score which includes aspects of nutrition intake adequacy, variety, and macronutrient balance. Independent variables considered significantly related to food choice score in this study are place of residency, food choice motivation, and nutrition knowledge., Food Choice is a complex process involving different factors from biological to anthropological. This study was conducted to find the factors influencing food choice in undergraduate students of University of Indonesia. This study uses cross-sectional design with quantitative method. Food choice in this study were measured using food choice score which includes aspects of nutrition intake adequacy, variety, and macronutrient balance. Independent variables considered significantly related to food choice score in this study are place of residency, food choice motivation, and nutrition knowledge.]