

Hubungan antara perilaku diet mahasiswi Fakultas Ilmu Sosial dan Ilmu Politik Universitas Indonesia (FISIP UI) dengan risiko terjadinya gangguan pemenuhan nutrisi = The relationship between diet behavior of student Faculty of Social and Political Sciences University of Indonesia (FISIP UI) with the risk of occurrence of nutritional disorders

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Abstrak

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Diet jika dilakukan dengan cara yang tidak sehat menyebabkan perilaku makan menyimpang serta menimbulkan berbagai penyakit terutama pada gangguan nutrisi. Penelitian ini bertujuan untuk mengetahui hubungan antara perilaku diet mahasiswi dengan risiko terjadinya gangguan pemenuhan nutrisi pada tubuh. Desain penelitian adalah kuantitatif dengan metode yang digunakan cross sectional. Instrumen yang digunakan pada penelitian ini adalah kuisisioner. Analisis statistik yang digunakan adalah uji chi-square. Hasil penelitian menunjukkan adanya hubungan yang signifikan antara perilaku diet yang dilakukan oleh mahasiswi dengan risiko terjadinya gangguan pemenuhan nutrisi. Penelitian ini diharapkan dapat mencegah perilaku diet yang salah pada mahasiswi serta mengurangi risiko terjadinya gangguan pemenuhan nutrisi untuk mencapai usia remaja yang sehat.

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ABSTRACT

Unhealthy diet leads somebody to unhealthy eating behaviors which cause various diseases, especially in nutritional disorders. Behaviors of diet commonly found in young women, especially college student. The purpose of this study was to determine the relationship between student dietary behaviors with the risk of nutritional disorder. The research method used was quantitative method using cross sectional design. The instrument used in this study was a questionnaire. Chisquare test study was used to investigate the correlation between dietary behaviors committed by college student and risk of nutritional deficiencies (p-value=0,000.)

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