

Hubungan antara Karakteristik Individu dan Pengaruh Teman Sebaya dengan Kebiasaan Konsumsi Serat Makanan pada Mahasiswa Penghuni Asrama Mahasiswa Universitas Indonesia Depok Tahun 2011 = The Relationship between Individual Characteristics and Peer Influence with The Habits of Consumption of Dietary Fiber in Boarder Student at Dormitory of University of Indonesia Depok 2011 / The Relationship between Individual Characteristics and Peer Influence with The Habits of Consumption of Dietary Fiber in Boarder Student at Dormitory of University of Indonesia Depok 2011 / Nurul Ulfah

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Abstrak

**ABSTRAK**

Skripsi ini membahas kebiasaan konsumsi serat makanan mahasiswa penghuni asrama Universitas Indonesia tahun 2011 dan hubungannya dengan karakteristik individu yang meliputi jenis kelamin, pengetahuan mengenai serat makanan, preferensi/kesukaan terhadap makanan, kebiasaan makan sayur dan buah, dan pengaruh teman sebayanya. Penelitian ini adalah penelitian kuantitatif dengan metode penelitian deskriptif dan desain studi cross-sectional. Pengumpulan data dilakukan menggunakan kuesioner dan formulir Food Frequency Questionnaire (FFQ) yang dibagikan kepada 145 mahasiswa penghuni asrama Universitas Indonesia pada bulan April 2011. Hasil penelitian menunjukkan bahwa ada hubungan antara pengetahuan mengenai serat makanan dan preferensi/kesukaan terhadap makanan dengan kebiasaan konsumsi serat makanan pada mahasiswa penghuni asrama Universitas Indonesia. Hasil penelitian menyarankan bahwa perlu diadakannya media KIE mengenai pentingnya konsumsi serat makanan serta disediakan makanan sumber serat yang lebih bervariasi di kantin asrama

**ABSTRACT**

This thesis discusses the habits of consumption of dietary fiber in boarder student, University of Indonesia 2011 and its relationship with the individual characteristics including gender, knowledge of dietary fiber, preference for food, eating vegetables and fruit, and the influence of peers. This study is a quantitative study with descriptive research methods and cross-sectional design study. The data was collected using questionnaires and form the Food Frequency Questionnaire (FFQ) which was distributed to 145 student boarders, University of Indonesia in April 2011. The results showed that there was a relationship between knowledge about dietary fiber and preference for food with the habits of

consumption of dietary fiber in boarder student at the University of Indonesia's dormitory. The results suggest that the necessary holding of CIE media about the importance of dietary fiber consumption and the availability of food sources of fiber are more varied in the dorm cafeteria