

# Gambaran Karakteristik, Asupan Energi, dan Zat Gizi Makro Pada Mahasiswi Prodi Gizi Universitas Indonesia (Analisis Data Sekunder FKM UI Tahun 2020). = Overview of Characteristics, Energy Intake, and Macro Nutrients In Nutrition Study Program Undergraduate Female Students at the University of Indonesia (Secondary Data Analysis of FKM UI Undergraduate in 2020).

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## Abstrak

Mahasiswi memiliki aktifitas belajar yang tinggi dan membutuhkan asupan gizi seimbang terutama energi dan zat gizi makro untuk memenuhi kebutuhannya. Namun pada kenyataannya karena kesibukan selama perkuliahan, banyak mahasiswi tidak memperhatikan asupan gizinya sehingga jumlah asupan energi dan zat gizi makro yang dikonsumsi menjadi lebih atau kurang dari yang dianjurkan. Penelitian ini merupakan penelitian kuantitatif dengan survei deskriptif yang bertujuan untuk mengetahui gambaran karakteristik, asupan energi, dan zat gizi makro pada mahasiswi Prodi Gizi Universitas Indonesia. Desain penelitian ini adalah cross sectional dengan menggunakan analisis data sekunder FKM UI pada bulan februari hingga juli 2022. Responden dalam penelitian ini adalah 137 mahasiswi aktif Gizi FKM UI. Analisis data menggunakan analisis univariat pada variabel karakteristik mahasiswi (uang saku, pengetahuan gizi, status gizi, frekuensi makan, kebiasaan sarapan, dan frekuensi snacking), asupan energi, asupan zat gizi makro (karbohidrat, protein, dan lemak). Hasil penelitian menunjukkan sebagian besar rata-rata variabel responden berada pada kategori rendah atau kurang dari normal yaitu pada uang saku (59,9%), pengetahuan gizi (71,5%), frekuensi makanan (56,9%), kebiasaa sarapan (58,4%), dan frekuensi snacking (59,1%), asupan energi (95,6%), asupan karbohidrat (99,3%), asupan protein (70,1%), dan asupan lemak (77,4%). Sedangkan variabel responden yang berada pada kategori normal ialah status gizi (67,2%).

.....Undergraduate female students have high learning activities and need a balanced nutritional intake, especially energy and macronutrients to meet their needs. However, in reality due to their busy schedule during lectures, many undergraduate female students do not pay attention to their nutritional intake, so the amount of energy and macronutrient intake consumed becomes more or less than the recommended one. This research is quantitative research with a descriptive survey that aims to describe the characteristics, energy intake, and macronutrients of undergraduate female students in the Nutrition Program at the University of Indonesia. The design of this study was cross-sectional using secondary data analysis of FKM UI undergraduate from February to July 2022. The respondents in this study were 137 active Nutrition FKM UI undergraduate female students. Data analysis used univariate analysis on undergraduate female students characteristics variables (pocket money, nutritional knowledge, nutritional status, eating frequency, breakfast habits, and snacking frequency), energy intake, intake of macronutrients (carbohydrates, protein, and fat). ). The results showed that most of the respondents' variables were in the low or less than average category, namely pocket money (59.9%), knowledge of nutrition (71.5%), frequency of food (56.9%), breakfast habits (58, 4%), and snacking frequency (59.1%), energy intake (95.6%), carbohydrate intake (99.3%), protein intake (70.1%), and fat intake (77.4%). Meanwhile, the respondent variable in the normal category is the nutritional status (67.2%).