

Faktor-Faktor yang Berhubungan dengan Kualitas Konsumsi Makanan Melalui Penggunaan Healthy Eating Index pada Mahasiswa/I S1 Reguler FKM UI Tahun 2022 = Factors Related to The Quality of Food Consumption with Healthy Eating Index Among Faculty of Public Health UI Regular Undergraduate Students in 2022

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Abstrak

Hasil analisis Survei Konsumsi Makanan Individu tahun 2014 menyatakan bahwa hanya 6,7% remaja di Indonesia yang memiliki kualitas konsumsi yang baik. Hal ini didapatkan dari penilaian terhadap keragaman, proporsi, dan kecukupan konsumsi. Salah satu indikator yang dapat digunakan untuk menilai kualitas konsumsi makanan seseorang adalah dengan menggunakan healthy eating index. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan kualitas konsumsi makanan melalui penggunaan healthy eating index pada mahasiswa S1 Reguler Fakultas Kesehatan Masyarakat Universitas Indonesia. Penelitian menggunakan desain studi cross sectional dengan pendekatan kuantitatif. Pengambilan data dilakukan pada bulan Mei-Juni 2022 melalui pengisian kuesioner online oleh responden (n=140). Kuesioner yang digunakan yaitu Semi- quantitative Food Frequency Questionnaire (SQ-FFQ) terkait data asupan makan, Perceived Stress Scale (PSS) terkait tingkat stres, Food Choice Questionnaire terkait alasan pemilihan makan, Pengetahuan Gizi, Health Belief Items terkait keyakinan kesehatan, dan Multidimensi onal Body-Self Relations Questionnaire (MBRSQ) terkait body image. Hasil analisis univariat memperlihatkan bahwa 51.9% responden memiliki kualitas konsumsi makanan kategori rendah. Hasil analisis bivariat menunjukkan adanya hubungan yang bermakna antara jenis kelamin (p-value: 0,002), tingkat stres ((p-value: 0,042), pengaruh media sosial (p-value: 0,002), health belief, dan body image (p-value: 0,009). Sementara itu, tidak ditemukan hubungan yang bermakna antara pengetahuan gizi image (p-value: 0,091), alasan pemilihan makan image (p-value: 0,563), dan uang saku bulanan image (p-value: 0,988) dengan kualitas konsumsi makanan. Berdasarkan hasil penelitian, penulis menyarankan untuk dilakukannya edukasi mengenai pentingnya konsumsi makanan yang sehat dan teratur sesuai dengan pedoman gizi seimbang dengan memanfaatkan media sosial untuk dapat meningkatkan kualitas konsumsi makanan.

.....The results of the 2014 SKMI analysis in adolescents stated that the quality of adolescent consumption when viewed as a whole in Indonesia showed a figure that was still quite low at 6.7 percent, this was because in terms of the proportion and adequacy of consumption in adolescents was not good. One of the indicators that can be used to assess the quality of a person's food consumption is to use a healthy eating index. This study aims to determine the factors related to the quality of food consumption through the use of a healthy eating index in Regular S1 students of the Faculty of Public Health, University of Indonesia. The study used a cross-sectional study design with a quantitative approach. Data collection was carried out in May-June 2022 through filling out an online questionnaire by respondents (n=140). The questionnaires used were the Semi-quantitative Food Frequency Questionnaire (SQ-FFQ) related to eating intake data, the Perceived Stress Scale (PSS) related to stress levels, the Food Choice Questionnaire related to the reasons for eating selection, Nutritional Knowledge, Health Belief Items related to health beliefs, and the

Multidimensional Body-Self Relations Questionnaire (MBRSQ) related body image. The results of this study showed that 51.9% of respondents had a low category of food consumption quality. The results of the analysis showed a meaningful relationship between gender, stress levels, social media influences, health beliefs, and body image. Meanwhile, no meaningful relationship was found between nutritional knowledge, reasons for eating, and monthly allowances with the quality of food consumption. Based on the results of the study, the author suggests to be educated regarding the importance of consuming healthy and regular foods in accordance with balanced nutritional guidelines by utilizing social media to improve the quality of food consumption.