

## HUBUNGAN ANTARA AKSES PANGAN DAN ASUPAN MAKAN DENGAN STATUS GIZI MAHASISWA SELAMA MASA PANDEMI COVID-19

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### INTISARI

**Latar Belakang:** Selama pandemi, upaya penetapan *lockdown* dan isolasi mandiri ditetapkan untuk mengurangi penyebaran. Keterbatasan akses pangan akibat COVID-19 menjadi hambatan untuk memperoleh makanan yang bergizi dan adekuat sehingga mempengaruhi asupan makan dan mengarah pada masalah kesehatan.

**Tujuan:** Mengetahui hubungan akses pangan dan asupan makan dengan status gizi mahasiswa.

**Metode:** Desain penelitian yang digunakan adalah *cross-sectional* dengan *proportionate stratified random sampling*. Terdapat 181 mahasiswa sarjana yang masih aktif yang bersedia menjadi subjek penelitian. Akses pangan diukur menggunakan kuesioner, asupan makan diukur menggunakan SQ-FFQ, dan status gizi diukur menggunakan *Stunkard Figure Rating Scale* (SFRS). Seluruh pengisian kuesioner dilakukan secara *online* melalui *google form*. Uji statistik yang digunakan adalah uji Chi-Square dan *Fisher exact*.

**Hasil:** Analisis deskriptif menunjukkan 56,9% mahasiswa dengan akses pangan baik, 43,1% mahasiswa memiliki asupan energi berlebih, 68% mahasiswa memiliki asupan protein berlebih, 70,7% mahasiswa memiliki asupan lemak berlebih, 42,5% mahasiswa memiliki asupan karbohidrat kurang, dan 44,8% mahasiswa memiliki status gizi normal berdasarkan SFRS. Hasil analisis bivariat menunjukkan tidak adanya hubungan (*p value* > 0,05) antara akses pangan dan asupan makan dengan status gizi.

**Kesimpulan:** Tidak terdapat hubungan yang signifikan antara akses pangan dan asupan makan dengan status gizi mahasiswa.

**Kata Kunci:** akses pangan, asupan makan, status gizi, mahasiswa, COVID-19

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## RELATIONSHIP BETWEEN FOOD ACCESS AND FOOD INTAKE WITH NUTRITIONAL STATUS OF COLLEGE STUDENTS DURING THE COVID-19 PANDEMIC

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### ABSTRACT

**Background:** During the pandemic, lockdown and self-isolation efforts were established to reduce the spread. Limited access to food due to COVID-19 is an obstacle to obtain nutritious and adequate food, which affects food intake and leads to health problems.

**Objective:** To know the relationship between food access and food intake with the nutritional status of students.

**Method:** The research design used was cross-sectional with proportionate stratified random sampling. There were 181 active undergraduate students who were willing to be the subject of the study. Food access was measured using questionnaires, food intake was measured using SQ-FFQ, and nutritional status was measured using the Stunkard Figure Rating Scale (SFRS). All questionnaire filling was done online through a google form. The statistical tests used were Chi-Square and Fisher exact tests.

**Results:** A descriptive analysis showed that 56.9% of students had good access to food, 43.1% of students had excess energy intake, 68% of students had excess protein intake, 70.7% of students had excess fat intake, 42.5% of students had less carbohydrate intake, and 44.8% of students had normal nutritional status based on SFRS. The results of the bivariate analysis showed no relationship ( $p$  value  $> 0.05$ ) between food access and food intake and nutritional status.

**Conclusion:** There is no significant association between food access and food intake and the nutritional status of students.

**Keywords:** food access, food intake, nutritional status, students, COVID-19

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