

INTISARI

Skenario *New Normal* telah mulai diterapkan pada berbagai kalangan di Indonesia, salah satunya pada perguruan tinggi yang menerapkan pembelajaran tatap muka terbatas berdasarkan Surat Edaran No 4 Tahun 2021 yang dikeluarkan Direktorat Jenderal Pendidikan Tinggi, Riset, dan Teknologi tanggal 13 September 2021. Sistem imun menjadi pertahanan terbaik dalam menghadapi COVID-19 karena memiliki kemampuan natural dalam mempertahankan tubuh dari patogen. Penggunaan multivitamin disarankan bagi orang sehat untuk meningkatkan imunitas tubuh, terutama bagi mahasiswa yang kesulitan mendapat akses asupan multivitamin alami. Suplemen vitamin C, vitamin D, vitamin B6, vitamin E, dan seng (*Zinc*), dapat meningkatkan kinerja sistem imun dalam melawan infeksi termasuk infeksi virus Corona. Penelitian ini bertujuan untuk mengetahui pengetahuan dan konsumsi sediaan multivitamin serta kondisi sistem imun berdasarkan *Immune Status Questionnaire* (ISQ) pada mahasiswa selama masa *New Normal*.

Penelitian dilakukan dengan metode noneksperimental *cross-sectional*. Pengambilan sampel dilakukan dengan teknik *accidental sampling* terhadap mahasiswa aktif selama bulan Maret-Mei 2023. Data yang dikumpulkan dalam penelitian ini diperoleh langsung dari responden melalui pengisian kuesioner dalam bentuk *google form* yang telah melewati uji validitas dan reliabilitas. Kuesioner terdiri dari tiga bagian yaitu penggunaan multivitamin, pengetahuan mengenai multivitamin dan kondisi sistem imun berdasarkan ISQ pada mahasiswa di era *New Normal*. Kuesioner disebarluaskan secara online melalui media sosial dan komunikasi. Data yang didapat dianalisis secara deskriptif.

Hasil penelitian terhadap 100 responden menunjukkan sebanyak 31 responden (31%) menggunakan suplemen multivitamin selama masa *New Normal*, menurun sebesar 25% dibanding dengan mahasiswa yang mengonsumsi suplemen multivitamin selama pandemi COVID (56%). Mayoritas responden memiliki pengetahuan yang cukup mengenai suplemen multivitamin (69%) dengan mahasiswa yang memiliki pengetahuan yang baik sebanyak 24%. Responden mahasiswa umum memiliki pengetahuan mengenai multivitamin lebih rendah dibandingkan mahasiswa Fakultas Farmasi dan masyarakat umum sehingga diperlukan adanya upaya edukasi dan sosialisasi mengenai suplemen multivitamin pada mahasiswa. Kondisi sistem imun mahasiswa berdasarkan ISQ selama 12 bulan terakhir mengalami penurunan sistem imun sedangkan kondisi sistem imun mahasiswa berdasarkan ISQ pada pengukuran waktu terkini tergolong sangat baik.

Kata kunci: suplemen multivitamin, New Normal, kondisi imun, pengetahuan, konsumsi, mahasiswa

ABSTRACT

The New Normal scenario has begun to be implemented in various groups in Indonesia, one of which is in tertiary institutions which implement limited face-to-face learning based on Circular Letter No. 4 of 2021 issued by the Directorate General of Higher Education, Research and Technology on September 13, 2021. The immune system is one of the best defense in dealing with COVID-19 because it has natural ability to defend the body from pathogens. The use of multivitamin supplements is recommended for healthy people to increase body immunity, especially for college students who have difficulty getting access to natural multivitamin intake. Supplements of vitamin C, vitamin D, vitamin B6, vitamin E, and zinc (Zinc), can improve the performance of the immune system in fighting infections including Corona virus infection. This study aims to determine college students' knowledge and consumption of multivitamin preparations, alongside the condition of college students' immune system based on the Immune Status Questionnaire (ISQ) during the New Normal period.

The study was conducted using non-experimental cross-sectional method. Sampling was carried out using an accidental sampling technique on active students during March-May 2023. The data collected in this study were obtained directly from respondents by filling out a questionnaire in the form of a Google form that had passed validity and reliability tests. The questionnaire consists of three parts, namely the use of multivitamins, knowledge about multivitamins and the condition of the immune system based on ISQ in students in the New Normal era. Questionnaires were distributed online through social media and communications. The data obtained were analyzed descriptively.

The results of a study of 100 respondents showed that 31 respondents (31%) used multivitamin supplements during the New Normal period, a decrease of 25% compared to students who took multivitamin supplements during the COVID pandemic (56%). The majority of respondents have adequate knowledge about multivitamin supplements (69%), 24% have good knowledge. General college student respondents have lower knowledge about multivitamins than students of the Faculty of Pharmacy and the general public, so there is a need for education and outreach efforts regarding multivitamin supplements to students. The condition of the college student's immune system based on the ISQ for the last 12 months has experienced a decrease in the immune system while the condition of the student's immune system based on the ISQ at the latest time measurement is classified as very good.

Keywords: *multivitamin supplement, New Normal, immune condition, knowledge, consumption, college students*