

HUBUNGAN PENGETAHUAN DAN KEBIASAAN MEMBACA LABEL GIZI PADA MAKANAN KEMASAN TINGGI GULA, GARAM, LEMAK DENGAN ASUPAN KARBOHIDRAT, NATRIUM, DAN LEMAK SANTRI

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INTISARI

Latar Belakang: Makanan kemasan sangat populer di berbagai kalangan. Asupan makanan kemasan tinggi gula, garam, dan lemak yang berlebihan dapat menyebabkan dampak kesehatan sehingga konsumsinya harus dikontrol. Asupan makanan kemasan dapat dikontrol melalui kebiasaan membaca label gizi. Salah satu faktor yang dapat memengaruhi kebiasaan membaca label gizi adalah pengetahuan label gizi.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan pengetahuan dan kebiasaan membaca label gizi pada makanan kemasan tinggi gula, garam, lemak dengan asupan karbohidrat, natrium, dan lemak santri.

Metode: Penelitian ini merupakan jenis penelitian observasional dengan rancangan *cross-sectional*. Sampel penelitian diambil berdasarkan teknik *simple random sampling* berjumlah 86 santri di Pondok Pesantren Al-Barokah Yogyakarta. Variabel independen yang digunakan yaitu pengetahuan label gizi dan kebiasaan membaca label gizi, sedangkan variabel dependen meliputi asupan karbohidrat, natrium, dan lemak. Data dikumpulkan menggunakan instrumen kuesioner dan observasi lapangan kemudian dianalisis dengan analisis deskriptif dan korelasi *Rank Spearman*.

Hasil: Terdapat hubungan yang signifikan dengan korelasi searah dan kekuatan cukup antara pengetahuan label gizi dengan kebiasaan membaca label gizi ($p = 0,000$; $r = 0,385$), tidak terdapat hubungan yang signifikan antara pengetahuan label gizi dengan asupan karbohidrat, natrium, dan lemak ($p > 0,05$); tidak terdapat hubungan yang signifikan antara kebiasaan membaca label gizi dengan asupan karbohidrat, natrium, dan lemak ($p > 0,05$).

Simpulan: Ada hubungan signifikan antara pengetahuan label gizi dan kebiasaan membaca label gizi. Namun, tidak ada hubungan signifikan antara pengetahuan atau kebiasaan membaca label gizi dengan asupan karbohidrat, natrium, dan lemak santri.

Kata Kunci: Pengetahuan Label Gizi, Kebiasaan Membaca Label Gizi, Asupan Karbohidrat, Asupan Natrium, Asupan Lemak

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THE RELATIONSHIP BETWEEN KNOWLEDGE AND THE HABIT OF READING NUTRITION LABELS ON PACKAGED FOODS HIGH IN SUGAR, SALT, FAT WITH THE INTAKE OF CARBOHYDRATES, SODIUM, AND FAT AMONG STUDENTS

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ABSTRACT

Background: Packaged food was very popular among various groups. High consumption of packaged food that was high in sugar, salt, and fat could lead to health impacts, so its intake needed to be controlled. Packaged food intake could be controlled through the habit of reading nutrition labels. One factor that could influence the habit of reading nutrition labels was nutrition label knowledge.

Objective: This study aimed to determine the relationship between knowledge and the habit of reading nutrition labels on packaged foods high in sugar, salt, and fat with the intake of carbohydrates, sodium, and fat among students.

Methods: This was an observational study with a cross-sectional research design. The research sample was taken using a simple random sampling technique, consisting of 86 students from Pondok Pesantren Al-Barokah Yogyakarta. The independent variables used were nutrition label knowledge and the habit of reading nutrition labels, while the dependent variables included carbohydrate, sodium, and fat intake. Data were collected using a questionnaire and field observation instruments and then analyzed with descriptive analysis and Spearman Rank correlation.

Results: There was a significant relationship with a positive correlation and a moderate strength between nutrition label knowledge and the habit of reading nutrition labels. ($p = 0.000$; $r = 0.385$). There was no significant relationship between nutrition label knowledge and the intake of carbohydrates, sodium, and fat ($p > 0.05$). There was no significant relationship between the habit of reading nutrition labels and the intake of carbohydrates, sodium, and fat ($p > 0.05$).

Conclusion: There is a significant relationship between nutritional label knowledge and the habit of reading nutritional labels. However, there is no significant relationship between nutritional label knowledge or the habit of reading nutritional labels and the intake of carbohydrates, sodium, and fat among the students.

Keywords: Nutrition Label Knowledge, Habit of Reading Nutrition Labels, Carbohydrate Intake, Sodium Intake, Fat Intake

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