

HUBUNGAN PREFERENSI MAKANAN DAN AKTIVITAS FISIK DENGAN STATUS GIZI MAHASISWA FK-KMK UGM

ABSTRAK

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Latar Belakang: Mahasiswa merupakan individu usia produktif yang membutuhkan asupan gizi dan aktivitas fisik yang cukup untuk dapat melakukan aktivitas sehari-hari. Meskipun banyak penelitian terkait perilaku makan, tetapi belum terdapat penelitian secara spesifik yang menghubungkan preferensi makanan dan aktivitas fisik dengan status gizi pada mahasiswa FK-KMK UGM.

Tujuan: Secara umum penelitian ini bertujuan untuk mengetahui hubungan preferensi makanan dan aktivitas fisik dengan status gizi pada mahasiswa FK-KMK UGM.

Metode: Penelitian ini merupakan penelitian observasional dengan metode *cross sectional*. Subjek dalam penelitian ini adalah mahasiswa program sarjana FK-KMK UGM yang memenuhi kriteria inklusi dan eksklusi, yaitu sebanyak 76 orang. Preferensi makanan diukur menggunakan kuesioner preferensi makanan manis dan berlemak, aktivitas fisik diukur menggunakan kuesioner GPAQ, dan status gizi subjek diukur melalui pengukuran berat badan dan tinggi badan yang dinilai dalam kategori IMT. Analisis statistik dalam penelitian ini menggunakan *spearman correlation*.

Hasil: Subjek yang menyukai makanan manis sebanyak 41 orang (54%) dan subjek yang menyukai makanan berlemak sebanyak 39 orang (49%). Sebagian besar subjek memiliki aktivitas fisik rendah (58%) dengan rata-rata skor secara keseluruhan 952 ± 1562 MET menit/minggu. Sebagian besar subjek memiliki status gizi normal (59%). Berdasarkan hasil analisis korelasi, tidak terdapat hubungan yang signifikan antara preferensi makanan dengan status gizi ($p\ 0,442 > 0,05$ dan $p\ 0,849 > 0,05$) serta tidak terdapat hubungan antara aktivitas fisik dengan status gizi ($p\ 0,341 > 0,05$). Namun, terdapat korelasi yang signifikan antara uang saku dan status gizi ($p\ 0,042 < 0,05$).

Kesimpulan: Tidak terdapat hubungan signifikan antara preferensi makanan dan aktivitas fisik dengan status gizi mahasiswa FK-KMK UGM.

Kata Kunci: Preferensi Makanan; Aktivitas Fisik; Status Gizi; Mahasiswa Kesehatan

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THE RELATIONSHIP BETWEEN FOOD PREFERENCE AND PHYSICAL ACTIVITY WITH NUTRITIONAL STATUS OF FK-KMK UGM STUDENTS

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ABSTRACT

Background: Students are individuals of productive age who need adequate nutritional intake and physical activity to be able to carry out daily activities. Although there are many studies related to eating behavior, there has been no specific research linking food preferences and physical activity with nutritional status in FK-KMK UGM students.

Objective: This study generally aims to determine the relationship between food preferences and physical activity with nutritional status in FK-KMK UGM students.

Method: This study was an observational study with a cross-sectional design. The subjects in this study were undergraduate students of FK-KMK UGM who met the inclusion and exclusion criteria, which were 76 people. Food preferences were measured using a sweet and fatty food preference questionnaire, physical activity was measured using the GPAQ questionnaire, and the nutritional status of the subjects was measured through measurements of body weight and height assessed in the BMI category. The analysis used in this study was spearman correlation.

Results: Subjects who liked sweet foods were 41 people (54%) and subjects who liked fatty foods were 39 people (49%). Most subjects had low physical activity (58%) with an overall average score of 952 ± 1562 MET minutes/week. Most subjects had normal nutritional status (59%). Based on the results of correlation analysis, there was no significant relationship between food preferences and nutritional status ($p\ 0.442 > 0.05$ and $p\ 0.849 > 0.05$) and there was no relationship between physical activity and nutritional status ($p\ 0.341 > 0.05$). However, there was a significant correlation between pocket money and nutritional status.

Conclusion: There is no significant relationship between food preferences and physical activity with the nutritional status of FK-KMK UGM students.

Keywords: Food Preference; Physical Activity; Nutritional Status; Healthcare Students

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