

HUBUNGAN *FOOD WASTE ATTITUDE* DAN ASUPAN ZAT GIZI MAKRO DENGAN STATUS GIZI PADA MAHASISWA UGM

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INTISARI

Latar Belakang: Dewasa muda berada fase transisi dari remaja menuju dewasa yang rentan mengalami permasalahan gizi. Pada usia ini kebutuhan asupan zat gizi makro sangat krusial untuk diperhatikan karena berkaitan dengan status gizi. Selain itu, selama masa perkuliahan dewasa muda kerap kali mengalami tekanan akademik, ekonomi, dan sosial yang berimplikasi pada sikap terhadap pemilihan makanan atau kebiasaan makan. Kelompok ini berperan sebagai konsumen muda yang memiliki kecenderungan lebih boros terkait makanan dibandingkan dengan konsumen yang lebih tua. Semakin banyak *food waste* yang dihasilkan maka semakin sedikit asupan makanan yang diterima tubuh karena zat gizi dan nutrisi yang diperlukan terbuang sia-sia. Pada dasarnya sikap yang dimiliki menentukan kecukupan asupan zat gizi makro yang kemudian mencerminkan kondisi status gizi individu. **Tujuan:** Penelitian ini dilakukan untuk mengetahui hubungan antara *food waste attitude* dan asupan zat gizi makro dengan status gizi pada mahasiswa UGM. **Metode:** Penelitian ini dilakukan menggunakan survey analitik dengan desain *cross sectional study*. Subjek penelitian merupakan seluruh mahasiswa D-4 dan S-1 Universitas Gadjah Mada. Pengambilan sampel dilakukan menggunakan teknik *quota sampling* dengan besar sampel sebanyak 111 responden. Pengambilan data dilakukan secara daring dan luring. **Hasil Penelitian:** Hasil analisis *spearman's rho* menunjukkan hubungan asupan protein, karbohidrat, dan *food waste attitude* dengan status gizi mahasiswa memiliki nilai *p value* >0.05. Sementara itu, hasil analisis antara asupan lemak dengan status gizi mahasiswa memiliki nilai *p value* <0.05. **Kesimpulan:** Tidak terdapat hubungan antara asupan protein, karbohidrat, dan *food waste attitude* dengan status gizi mahasiswa. Terdapat hubungan antara asupan lemak dengan status gizi mahasiswa UGM.

Kata kunci: asupan zat gizi makro; *food waste attitude*; status gizi; dewasa muda

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**RELATIONSHIP OF FOOD WASTE ATTITUDE AND INTAKE OF MAKRO
NUTRITIONAL SUBSTANCES WITH NUTRIENT STATUS IN UGM
STUDENTS**

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ABSTRACT

Background: Young adults are in the transition phase from adolescence to adulthood and are vulnerable to nutritional problems. At this age, the need for macronutrient intake is crucial because it is related to nutritional status. In addition, during college, young adults often experience academic, economic and social pressures that have implications for attitudes towards food selection or eating habits. This group acts as young consumers who have a tendency to be more wasteful regarding food compared to older consumers. The more food waste produced, the less food intake the body receives because the necessary nutrients and nutrients are wasted. Basically, attitudes determine the adequacy of macronutrient intake, which then reflects the condition of an individual's nutritional status. **Objective:** This study was conducted to determine the relationship between food waste attitude and macronutrient intake with nutritional status among UGM students. **Method:** This research was conducted using an analytic survey with a cross sectional study design. The research subjects were all D-4 and S-1 students of Universitas Gadjah Mada. Sampling was done using quota sampling technique with a sample size of 111 respondents. Data collection was carried out online and offline. **Results:** The results of Spearman's rho analysis show the relationship between protein intake, carbohydrates, and food waste attitude with the nutritional status of students has a p value > 0.05 . Meanwhile, the results of the analysis between fat intake and the nutritional status of students have a p value < 0.05 . **Conclusion:** There is no relationship between protein intake, carbohydrates, and food waste attitude with the nutritional status of university students. There is a relationship between fat intake and nutritional status of UGM students.

Keywords: macronutrient intake; food waste attitude; nutritional status; young adult

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