

HUBUNGAN TINGKAT KEPUASAN DENGAN DAYA TERIMA SANTRI PUTRI MADRASAH ALIYAH ALI MAKSUM KRAPYAK YOGYAKARTA TERHADAP PROGRAM MAKAN BERGIZI GRATIS

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ABSTRAK

Latar belakang: Status gizi remaja putri krusial untuk menunjang pertumbuhan dan perkembangan fungsi kognitif. Pemerintah melalui Peraturan Presiden Nomor 83 Tahun 2024 menetapkan program Makan Bergizi Gratis (MBG) sebagai upaya pemenuhan gizi nasional. Keberhasilan program ini sangat bergantung pada tingkat kepuasan dan daya terima siswa terhadap makanan yang disajikan, karena daya terima yang rendah dapat menghambat efektivitas program.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat kepuasan dengan daya terima terhadap program MBG (yang diukur melalui sisa makanan) santri putri MA Ali Maksum Krapyak Yogyakarta.

Metode: Penelitian ini merupakan penelitian kuantitatif observasional analitik dengan desain *cross-sectional*. Sampel penelitian berjumlah 183 santri putri kelas X dan XI yang dipilih menggunakan teknik *cluster sampling*. Data tingkat kepuasan dikumpulkan menggunakan kuesioner berskala *likert*, sedangkan daya terima diukur menggunakan metode visual *comstock* selama 4 hari pengamatan. Analisis data menggunakan uji statistik non-parametrik *chi-square* dengan derajat signifikansi $\alpha = 0,05$.

Hasil penelitian: Hasil penelitian menunjukkan mayoritas santri merasa tidak puas terhadap program MBG (79,8%). Mayoritas daya terima santri baik (sisa makanan <20%) pada komponen lauk hewani (87,4%), makanan pokok (86,8%), buah (71,6%), dan lauk nabati (65,6%). Namun, mayoritas santri memiliki tingkat kepuasan tidak baik pada komponen sayur (55,7%). Hasil uji *chi-square* menunjukkan tidak terdapat hubungan yang signifikan antara tingkat kepuasan dengan daya terima pada seluruh komponen makanan: makanan pokok ($p = 0,800$), lauk hewani ($p = 0,788$), lauk nabati ($p = 0,819$), sayur ($p = 0,700$), dan buah ($p = 0,273$).

Kesimpulan: Tidak terdapat hubungan yang signifikan antara tingkat kepuasan dengan daya terima santri putri terhadap program MBG. Hal ini diduga karena keterbatasan akses santri terhadap alternatif makanan lain di lingkungan pesantren (institusi tertutup), sehingga santri tetap mengonsumsi MBG untuk memenuhi kebutuhan fisiologis meskipun tingkat kepuasannya rendah.

Kata kunci: Daya terima, Makan Bergizi Gratis (MBG), remaja putri, tingkat kepuasan, visual *comstock*.

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RELATIONSHIP BETWEEN SATISFACTION LEVEL AND FOOD ACCEPTABILITY AMONG FEMALE STUDENTS OF ALI MAKSUM KRAPYAK ISLAMIC SENIOR HIGH SCHOOL, YOGYAKARTA, TOWARD THE FREE NUTRITIOUS MEAL PROGRAM

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ABSTRACT

Background: The nutritional status of adolescent girls is crucial in supporting growth and the development of cognitive function. Through Presidential Regulation Number 83 of 2024, the Indonesian government established the Free Nutritious Meal Program (MBG) as an effort to fulfill national nutritional needs. The success of this program largely depends on students' satisfaction levels and food acceptability, as low food acceptability may reduce program effectiveness.

Objective: This study aims to determine the relationship between satisfaction level and food acceptability, measured through plate waste, among female students of Madrasah Aliyah Ali Maksum Krapyak, Yogyakarta, toward the MBG

Methods: This observational analytic cross-sectional study involved 183 female students in grades X–XI selected through cluster sampling. Satisfaction levels were assessed using a Likert-scale questionnaire, while food acceptability was measured using the visual comstock method over four days. Data were analyzed using the chi-square test with a significance level of $\alpha = 0.05$.

Results: The results showed that the majority of students were dissatisfied with the Free Nutritious Meal Program (79.8%). However, food acceptability was categorized as good (plate waste $<20\%$) for animal-based side dishes (87.4%), staple foods (86.8%), fruits (71.6%), and plant-based side dishes (65.6%). On the other hand, majority of students have poor acceptability toward vegetables (55.7%). The chi-square test results indicated no significant relationship between satisfaction level and food acceptability across all food components: staple foods ($p = 0.800$), animal-based side dishes ($p = 0.788$), plant-based side dishes ($p = 0.819$), vegetables ($p = 0.700$), and fruits ($p = 0.273$).

Conclusion: No significant relationship was found between satisfaction level and food acceptability toward the MBG, possibly due to limited alternative food access in the boarding school setting

Keywords: Food acceptability, Free Nutritious Meal Program (MBG), adolescent girls, satisfaction level, visual comstock

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