

HUBUNGAN ANTARA PERSEPSI SISWA MENGENAI VARIASI MENU DAN BESAR PORSI PROGRAM MAKAN BERGIZI GRATIS (MBG) DENGAN SISA MAKANAN DI MADRASAH ALIYAH ALI MAKSUM YOGYAKARTA

Hikari Zahirah Saviestya¹, Dwi Budiningsari², Purwanta³

ABSTRAK

Latar belakang: Berbagai permasalahan gizi pada remaja masih banyak ditemukan. Sebagai upaya mengatasi permasalahan tersebut, pemerintah mengimplementasikan program Makan Bergizi Gratis (MBG) untuk meningkatkan status gizi. Keberhasilan program tidak hanya ditentukan oleh kualitas gizi makanan, tetapi juga tingkat penerimaan. Tingginya sisa makanan menunjukkan rendahnya tingkat konsumsi yang dapat dipengaruhi oleh persepsi siswa terhadap variasi menu dan besar porsi.

Tujuan: Mengetahui hubungan antara persepsi siswa kelas 10 dan 11 MA Ali Maksum Yogyakarta mengenai variasi menu dan besar porsi dengan sisa makanan pada program Makan Bergizi Gratis (MBG).

Metode: Penelitian kuantitatif dengan pendekatan observasional analitik menggunakan desain *cross-sectional* pada 183 siswa. Data persepsi siswa mengenai variasi menu dan besar porsi dikumpulkan melalui kuesioner. Data sisa makanan diperoleh melalui metode *visual comstock* selama 4 hari. Analisis data dilakukan dengan uji statistik menggunakan *Spearman Rank*.

Hasil: 72,68% siswa menilai menu MBG kurang bervariasi dan 75,96% siswa menilai besar porsi kurang sesuai. Rata-rata sisa makanan tergolong rendah pada makanan pokok (5,89%), lauk hewani (4,58%), lauk nabati (12,93%), dan buah (10,87%), tetapi tinggi pada sayur (29,56%). Terdapat hubungan signifikan antara persepsi siswa mengenai variasi menu MBG dengan total sisa makanan ($p = 0,032$), sisa makanan pokok ($p = 0,048$), dan sisa sayur ($p = 0,011$), tetapi tidak berhubungan dengan sisa lauk hewani, sisa lauk nabati, dan sisa buah ($p > 0,05$). Tidak terdapat hubungan antara persepsi siswa mengenai besar porsi MBG dengan total sisa makanan, sisa makanan pokok, sisa lauk hewani, sisa lauk nabati, sisa sayur, dan sisa buah ($p > 0,05$).

Kesimpulan: Terdapat hubungan yang signifikan antara persepsi siswa mengenai variasi menu dengan total sisa makanan, sisa makanan pokok, dan sisa sayur, tetapi tidak terdapat hubungan yang signifikan dengan sisa lauk hewani, lauk nabati, dan buah. Tidak terdapat hubungan yang signifikan antara persepsi siswa mengenai besar porsi dengan sisa makanan.

Kata kunci: besar porsi; MBG; persepsi; sisa makanan; variasi menu

¹Mahasiswa Program Studi S1 Gizi Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan, Universitas Gadjah Mada

²Departemen Gizi Kesehatan Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan, Universitas Gadjah Mada

³Departemen Keperawatan Jiwa dan Komunitas Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan, Universitas Gadjah Mada

THE RELATIONSHIP BETWEEN STUDENTS' PERCEPTIONS OF MENU VARIETY AND PORTION SIZE IN MAKAN BERGIZI GRATIS (MBG) PROGRAM AND FOOD WASTE AT MADRASAH ALIYAH ALI MAKSUM YOGYAKARTA

Hikari Zahirah Saviestya¹, Dwi Budiningsari², Purwanta³

ABSTRACT

Background: Nutritional problems among adolescents are still widely found and may affect their growth and development. To address these issues, the government implemented the Makan Bergizi Gratis (MBG) program to improve nutritional status. The success of this program is not only determined by the nutritional quality of the meals but also by students' perceptions of menu variety and portion size.

Objective: To determine the relationship between students' perceptions of menu variety and portion size and food waste in the MBG program among grade 10 and 11 students at MA Ali Maksum Yogyakarta.

Methods: This was a quantitative study with an analytical observational approach using a cross-sectional design involving 183 students. Data on students' perceptions of menu variety and portion size were collected using a questionnaire. Food waste data were obtained using the visual comstock method over four consecutive days. Statistical analysis was performed using the Spearman Rank correlation test.

Results: A total 72.68% of students perceived the MBG menu as lacking variety and 75.96% perceived the portion sizes as inappropriate. The average food waste was categorized as low for staple foods (5.89%), animal-based side dishes (4.58%), plant-based side dishes (12.93%), and fruits (10.87%), but high for vegetables (29.56%). There was a significant relationship between students' perception of menu variety and total food waste ($p = 0.032$), staple food waste ($p = 0.048$), and vegetable waste ($p = 0.011$), but not with animal-based side dishes, plant-based side dishes, or fruits ($p > 0.05$). There was no significant relationship between students' perception of portion size and any category of food waste ($p > 0.05$).

Conclusion: Students' perception of menu variety was significantly associated with total food waste, staple food waste, and vegetable waste. However, there was no significant relationship between students' perception of portion size and food waste.

Keywords: food waste; MBG; menu variety; perception; portion size

¹Undergraduate Student of Nutrition, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada

²Department of Nutrition and Health, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada

³Department of Psychiatric and Community Nursing, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada