



STUDI TENTANG ANGKA KECUKUPAN GIZI, ANTROPOMETRI DAN KESADARAN GIZI MAHASISWI UNIVERSITAS GADJAH MADA SERTA KAJIAN KONTRIBUSI PANGAN ASAL TERNAK

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INTISARI

Banyak penduduk di negara berkembang mengalami kekurangan gizi. Hal tersebut dapat memperlambat pertumbuhan dan perkembangan, menurunkan aktivitas fisik, rentan terhadap penyakit dan dapat meningkatkan kematian. Bahan pangan hewani merupakan sumber gizi tinggi yang seimbang untuk kebutuhan peningkatan kualitas sumber daya manusia. Penelitian ini bertujuan untuk mengetahui tingkat kecukupan gizi, angka antropometri (IMT), kesadaran gizi dan kontribusi pangan asal ternak dari kelompok mahasiswa Universitas Gadjah Mada. Sampel dipilih secara *purposive sampling* kepada 201 mahasiswa dengan menggunakan metode survei lapangan mengenai menu makanan dan aktivitas mahasiswa selama satu minggu. Kemudian sebagian data dianalisis menggunakan analisis regresi-linear. Dari hasilnya, diketahui angka kecukupan energi dan angka kecukupan protein sebanyak 2088 kkal dan 53,6 gram/kapita/hari. Angka antropometri (IMT) dengan status normal, kurus tingkat ringan, kekurangan *intake* energi dan malnutrisi berturut-turut 76,18,4 dan 2%. Kesadaran gizi mahasiswa berkorelasi sangat nyata ($P < 0,01$) antara jumlah konsumsi energi dengan protein. Antropometri (IMT) berkorelasi sangat nyata ($P < 0,01$) dengan berat badan dan berkorelasi nyata dengan info gizi dan pendapatan. Sedangkan mucks prestasi kumulatif (IPK) berkorelasi nyata ($P < 0,05$) dengan antropometri (IMT). Konsumsi energi dan protein sudah melebihi standar angka kecukupan gizi untuk Indonesia, yaitu sebesar 111,2% energi dan 110% protein. Namun produksi ternak belum memenuhi standar kebutuhan konsumen akan protein. Oleh karena itu perlu peningkatan produksi ternak sesuai kebutuhan konsumen di tiap-tiap daerah.

(Kata kunci: Mahasiswa, Antropometri, Kesadaran Gizi, Pangan asal Ternak, Produksi Ternak)

THE STUDY OF ADEQUATE AMOUNTS OF DIET;
ANTHROPOMETRY VALUE AND FEMALE STUDENTS AWARENESS
ON DIET AND MOLE OF ANIMAL FOOD ON GADJAH MADA
UNIVERSITY STUDENTS MENUS

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ABSTRACT

Most of population in developing countries suffer from malnutrition, which can retard their growth and development, reduce physical activity, impair resistance to infection and increase of morbidity and death. Animal food have a good quality of nutrition to improve the quality of human life. This study was to analyse descriptively to adequate amount of diet, anthropometry value women awareness on diet as well as the contribution of animal food on the menu of students at Gadjah Mada University. A total of 201 female students at Gadjah Mada University choised purposive sampling in this grounded research, were deeply interviewed on their weekly menu and activities. The data were then analysed using regression-linear. The result showed that the average of consumption rate per capita per day of energy and protein were 2088 kcal and 53,6 gram protein, respectively. The percentage of anthropometry value calculated as body mass index (BMI) were categorized as normal, border line, deficiency on energy intake and malnutrition as 76, 18, 4 and 2%, respectively. While awareness on diet was significantly correlate ($P < 0,01$) to energy and protein consumption. Anthropometry value (BMI) was very significantly correlate ($P < 0,01$) to body weight and significantly correlate ($P < 0,05$) to information of diet and income. While students presentation index was negative and significantly correlate ($P < 0,05$) to only body mass index. Comparing to the recommended dietary allowances (RDA) for Indonesia the consumption to energy and protein was quite high, about 111,2% and 110% of standard, respectively. Unfortunately, production of animal food is considerably inadequate to full fill the need of consumers on animal products. it is conclude that productivity of animal in this province could be improved.

(Key words: Female Students, Anthropometry Value, Diet Awareness, Animal food, Animal Productivity)