

INTISARI

GAMBARAN MOTIVASI KARIER (PEMAHAMAN KARIER, IDENTITAS KARIER, DAN KETAHANAN KARIER) PADA MAHASISWA GIZI KESEHATAN UGM

Iput Tintin Lathifah¹, Ika Ratna Palupi², Siti Helmiyati²

Latar belakang: Ahli gizi merupakan salah satu prioritas dalam pengembangan sumber daya manusia untuk tenaga kesehatan di Indonesia tahun 2011-2025. Belum ada penelitian yang menginformasikan motivasi mahasiswa gizi dalam pemilihan minat di tiga utama bidang gizi.

Tujuan penelitian: Mengetahui gambaran motivasi karier (pemahaman karier, identitas karier, dan ketahanan karier) pada mahasiswa gizi kesehatan UGM yang memiliki minat pada masing-masing bidang gizi (gizi klinik, gizi masyarakat, dan penyelenggaraan makanan).

Metode penelitian: Penelitian ini menggunakan metode deskriptif. Subjek penelitian sebanyak 75 mahasiswa gizi kesehatan UGM. Pengumpulan data menggunakan kuesioner yang telah divalidasi. Analisis data menggunakan statistik deskriptif.

Hasil Penelitian: Responden memiliki pemahaman karier (73,3%), identitas karier (64%), dan ketahanan karier (56%) dalam kategori sedang. Bidang gizi masyarakat merupakan bidang gizi yang paling diminati responden (42%). Responden dengan minat gizi klinik, gizi masyarakat, dan penyelenggaraan makanan memiliki pemahaman karier kategori tinggi dengan proporsi hampir sama. Gizi masyarakat memiliki identitas karier persentase tertinggi dalam kategori tinggi (43,8%), dan gizi klinik memiliki ketahanan karier persentase tertinggi dalam kategori tinggi (60,9%).

Kesimpulan: Sebagian besar responden memiliki motivasi karier (pemahaman karier, identitas karier, dan ketahanan karier) dalam kategori sedang. Pada bidang gizi klinik pemahaman karier (sedang), identitas karier (sedang), dan ketahanan karier (tinggi). Pada bidang gizi masyarakat pemahaman karier (sedang), identitas karier (sedang), dan ketahanan karier (tinggi). Pada bidang penyelenggaraan makanan pemahaman karier (sedang), identitas karier (sedang), dan ketahanan karier (sedang).

Kata kunci: Motivasi karier, minat mahasiswa gizi, gizi klinik, gizi masyarakat, penyelenggaraan makanan

¹Mahasiswa Gizi Kesehatan

²Dosen Prodi Gizi Kesehatan FK-KMK UGM

ABSTRACT

DESCRIPTION OF CAREER MOTIVATIONS (CAREER INSIGHT, CAREER IDENTITY, AND CAREER RESISTANCE) TOWARD COLLEGE STUDENTS OF HEALTH NUTRITION UNIVERSITAS GADJAH MADA

Iput Tintin Lathifah¹, Ika Ratna Palupi², Siti Helmiyati²

Background: Nutritionist is one of the priorities in terms of health human resources development in Indonesia period 2011-2025. No studies have been performed on nutrition college student's motivation toward career interest in the main three areas of the nutrition field.

Purposes: To describe career motivation (career insight, career identity, and career resistance) in college students of health nutrition Universitas Gadjah Mada that have interest in one of the nutrition fields (clinical nutrition, community nutrition, and foodservice management).

Methods: This study used a descriptive method and involved 75 college students of health nutrition Universitas Gadjah Mada as subjects. Data collection used a validated questionnaire. Data analysis was performed using descriptive statistics.

Result: Respondents had career insight (73,3%), career identity (64%), and career resilience (56%) in the medium category. The community nutrition field was the most favorable, it reaches 42% from respondents. Respondents who interested in clinical nutrition, community nutrition, and foodservice management had career insight in high category and the proportions were nearly equal. Community nutrition had the highest percentage in the high category of career identity, it reaches (43,8%). And clinical nutrition had the highest percentage in the high category of career resilience, it reaches (60,9%).

Conclusion: Most students have career motivation (career insight, career identity, and career resilience) in the medium category. The clinical nutrition field has medium career Insight, medium career identity, and high career resilience. Community nutrition has medium career insight, medium career identity, and high career resilience. Foodservice management field has medium career insight, medium career identity, and medium career resilience.

Keywords: Career motivation, clinical nutrition, foodservice, public nutrition, the interest of nutrition college students

¹College Student of Health Nutrition

²Lecturers of Health Nutrition Study Program, Faculty of Medicine, Public Health and Nursing.