

HUBUNGAN PENGETAHUAN GIZI DAN POLA KONSUMSI DENGAN PERILAKU MAKAN TENAGA KEPENDIDIKAN KANTOR PUSAT TATA USAHA FAKULTAS KEDOKTERAN, KESEHATAN MASYARAKAT, DAN KEPERAWATAN UGM

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INTISARI

Latar belakang: Lingkungan kerja idealnya mendukung dalam promosi perilaku makan yang baik diantara pekerja. Pengetahuan gizi berpengaruh terhadap sikap dan perilaku dalam pemilihan makanan. Selain itu, pola konsumsi juga berpengaruh terhadap perilaku makan, misalnya terbiasa melewatkan makan atau aktivitas makan yang tidak terkontrol.

Tujuan: Mengetahui hubungan pengetahuan gizi dan pola konsumsi (asupan zat gizi dan frekuensi konsumsi *fast food* dan camilan) dengan perilaku makan serta hubungan pengetahuan gizi dengan pola konsumsi tenaga kependidikan KPTU FK-KMK UGM.

Metode: Penelitian observasional dengan desain *cross-sectional* yang melibatkan 74 tenaga kependidikan KPTU FK-KMK UGM. Sampel diambil dengan teknik *total sampling*. Data pengetahuan gizi dan perilaku makan dikumpulkan dengan kuesioner, sedangkan data pola makan dengan SQ-FFQ. Korelasi Somers'd digunakan untuk uji statistik dalam penelitian ini.

Hasil: Sebagian besar responden memiliki pengetahuan gizi sedang, asupan kurang, frekuensi konsumsi *fast food* dan camilan jarang, serta perilaku makan buruk. Tidak terdapat hubungan antara pengetahuan gizi dengan perilaku makan ($p=0,417$), asupan energi ($p=0,252$), asupan protein ($p=0,889$), asupan lemak ($p=0,308$), asupan karbohidrat ($p=0,031$), frekuensi konsumsi *fast food* ($p=0,589$), dan camilan ($p=0,874$). Tidak terdapat hubungan antara asupan energi ($p=0,240$), asupan protein ($p=0,532$), asupan lemak ($p=0,588$), asupan karbohidrat ($p=0,186$), frekuensi konsumsi *fast food* ($p=0,204$), dan camilan ($p=0,972$) dengan perilaku makan. Terdapat hubungan antara asupan protein dan “Konsumsi Makanan Rendah Lemak” ($p=0,006$, arah hubungan negatif), asupan lemak dan “Makan Camilan Manis” ($p=0,022$, arah hubungan negatif), serta frekuensi konsumsi *fast food* dengan “Makan Secara Emosional” ($p=0,010$, arah hubungan positif).

Kesimpulan: Tidak ada hubungan antara pengetahuan gizi dan pola konsumsi terhadap perilaku makan. Tidak ada hubungan antara pengetahuan gizi terhadap pola konsumsi. Ada hubungan antara aspek asupan zat gizi dengan beberapa bagian kuesioner perilaku makan.

Kata kunci: perilaku makan, asupan, *fast food*, camilan, pengetahuan gizi

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ASSOCIATION OF NUTRITIONAL KNOWLEDGE AND CONSUMPTION PATTERN WITH EATING PRACTICE OF KANTOR PUSAT TATA USAHA (KPTU) FK-KMK UGM EDUCATIONAL STAFF

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ABSTRACT

Background: The work environment should support the promotion of good eating practice among workers. Nutritional knowledge influences attitudes and practices in food selection. Consumption pattern also affects eating practice, for example skipping meals or uncontrolled eating activities.

Objective: To determine the association of nutritional knowledge and consumption pattern (dietary intake and consumption frequency of fast food and snacks) to eating practice and also the association of nutritional knowledge to the consumption pattern of KPTU FK-KMK UGM educational staff.

Methods: An observational study with cross-sectional design that involved 74 KPTU FK-KMK UGM educational staffs. Samples were taken by total sampling technique. Data of nutritional knowledge and eating practice were collected by questionnaire, while data of dietary intake with SQ-FFQ. Somers's correlation is used for statistical tests in this study.

Result: Most respondents had moderate nutritional knowledge, low dietary intake, rare consumption frequency of fast food and snacks, and also poor eating practice. There was no association between nutritional knowledge with eating practice ($p=0,417$), energy intake ($p=0,252$), protein intake ($p=0,889$), fat intake ($p=0,308$), carbohydrate intake ($p=0,031$), consumption frequency of fast food ($p=0,589$), and snacks ($p=0,874$). There was no association between energy intake ($p=0,240$), protein intake ($p=0,532$), fat intake ($p=0,588$), carbohydrate intake ($p=0,186$), consumption frequency of fast food ($p=0,204$), and snacks ($p=0,972$) with eating practice. There was the association between protein intake and "Low Fat Food Consumption" ($p=0,006$ with negative association), fat intake and "Eating Sweet Snacks" ($p=0,022$ with negative association), and consumption frequency of fast food with "Emotional Eating" ($p=0,010$ with positive association).

Conclusion: There was no association between nutritional knowledge and consumption pattern with eating practice. There was no association of nutritional knowledge with consumption pattern. There was an association between aspects of dietary intake with some parts of the eating practice questionnaire.

Keywords: eating practice, dietary intake, fast food, snacks, nutritional knowledge

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