

PERBANDINGAN TIPE PELAYANAN *BUFFET SERVICE* DAN *CAFETERIA SERVICE* PADA PELAYANAN MAKAN SIANG DI KANTIN SEKOLAH TERHADAP TINGKAT ASUPAN ENERGI DAN PROTEIN PADA SISWA SMA DI KOTA YOGYAKARTA

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INTISARI

Latar Belakang : Remaja menghabiskan lebih banyak waktu di sekolah, termasuk juga saat makan siang. Adanya kantin sekolah diharapkan dapat memenuhi kecukupan zat gizi, terutama energi dan protein, dari asupan makan siang. Beberapa penelitian menyebutkan tipe pelayanan mempengaruhi konsumen dalam mengonsumsi makanan. Sehingga diketahui pentingnya penelitian tentang tipe pelayanan di kantin sekolah terhadap tingkat asupan energi dan protein.

Tujuan : Mengetahui adanya perbedaan tipe pelayanan *buffet* dan *cafeteria* dalam pelayanan makan siang di kantin sekolah terhadap tingkat asupan energi dan protein pada siswa SMA di kota Yogyakarta.

Metode : Penelitian ini merupakan studi observasional dengan rancangan *cross sectional*. Sebanyak 152 responden dipilih melalui *simple random sampling* dari SMA Negeri 8 Yogyakarta (*buffet*) dan SMA Negeri 6 Yogyakarta (*cafeteria*) masing-masing 76 responden. Besar porsi dan jumlah asupan satu kali makan siang responden dicatat dan diukur menggunakan *form food record*. Dari asupan makan diperoleh jumlah asupan energi dan protein sehingga bisa mengukur tingkat asupan energi dan protein makan siang responden. Data dianalisis menggunakan *independent sample t test* (besar porsi dan asupan makanan pokok, lauk hewani serta tingkat asupan energi) dan *mann-whitney test* (besar porsi dan asupan lauk nabati, sayuran, minuman serta tingkat asupan protein).

Hasil : Rata-rata besar porsi dan jumlah asupan makanan pokok 158,63 gram dan 154,51 gram, lauk hewani 57,95 gram, lauk nabati 47,77 gram, sayuran 75,23 gram, serta minuman 321,63 ml dan 317,02 ml. Terdapat perbedaan pada besar porsi dan asupan makan siang makanan pokok, lauk hewani, sayuran, dan minuman serta tingkat asupan energi ($p < 0,05$). Tidak terdapat perbedaan pada besar porsi dan asupan makan siang lauk nabati dan tingkat asupan protein ($p > 0,05$).

Kesimpulan : Terdapat perbedaan pada besar porsi dan asupan makan siang makanan pokok, lauk hewani, sayuran, dan minuman serta tingkat asupan energi. Tidak terdapat perbedaan pada besar porsi dan asupan makan siang lauk nabati dan tingkat asupan protein.

Kata Kunci : *makan siang, remaja, tipe pelayanan, asupan energi, protein*

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THE COMPARISON OF BUFFET SERVICE TYPE AND CAFETERIA SERVICE TYPE IN LUNCH SERVING AT SCHOOL CANTEEN TOWARDS THE LEVEL OF ENERGY AND PROTEIN INTAKE OF HIGH SCHOOL STUDENTS IN YOGYAKARTA

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ABSTRACT

Background : Adolescents spend more time in school, including lunch. School canteen is expected to fulfill the nutrient requirements, especially energy and protein intake, from lunch. Some studies showed that type of food service affect food consumption on consumers. Therefore, study on types of food service in school canteen towards the level of energy and protein intake is important to conduct.

Objective : To compare the difference between buffet type and cafeteria type in lunch serving at school canteen towards the level of energy and protein intake of high school students in Yogyakarta.

Methods : This study was an observational study with a cross sectional design. A total of 152 respondents were selected using simple random sampling in SMA Negeri 8 Yogyakarta (buffet) and SMA Negeri 6 Yogyakarta (cafeteria) with 76 respondents in each school. The portion size and food intake during lunch were recorded and measured using the food record form. The energy and protein intake data were then obtained from the amount of food intake recorded in the food record form, thus the level of energy and protein intake from lunch could be measured. The data was analyzed using Independent Sample T Test (portion size and food intake of staple foods, animal side dishes, and energy intake level) and Mann-Whitney Test (portion size and food intake of vegetable side dishes, vegetables, beverages, and protein intake level)

Results : The mean portion size and food intake of staple food was 158,63 grams and 154,51 grams; 57,95 grams of animal side dish; 47,77 grams of vegetable side dish; 75,23 grams of vegetables; and 321,63 grams and 317,02 grams of beverages. There was a significant difference between portion size and food intake of staple foods, animal side dishes, vegetables, and beverages, along with the level of energy intake ($p < 0,05$). There was no significant difference between portion size and food intake of vegetable side dishes and protein intake level ($p > 0,05$).

Conclusion : There was a significant difference between portion size and food intake of staple foods, animal side dishes, vegetables, and beverages, along with the level of energy intake. There was no significant difference between portion size and food intake of vegetable side dishes and protein intake level.

Keyword : lunch, adolescent, service type, energy intake, protein intake

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