

**HUBUNGAN PERUBAHAN KEBIASAAN MAKAN (EATING BEHAVIOUR)
DENGAN PEMENUHAN KEBUTUHAN ENERGI PADA MAHASISWA ASING
DI FAKULTAS ILMU BUDAYA UNIVERSITAS GADJAH MADA
YOGYAKARTA**

INTISARI

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Latar Belakang: Kebutuhan energi total orang dewasa diperlukan untuk: (1) metabolisme basal; (2) aktivitas fisik, dan (3) efek makanan atau pengaruh dinamik khusus (Specific Dynamic Action/SDA). Kekurangan energi pada orang dewasa menyebabkan penurunan berat badan dan kerusakan jaringan tubuh. Dari penelitian pendahuluan yang dilakukan pada bulan November 2013 terhadap 20 mahasiswa asing di FIB UGM, diketahui bahwa semua subjek mengalami perubahan kebiasaan makan, terutama jenis makanan dan porsi makan. 12 diantaranya atau 60% mengalami perubahan berat badan selama tinggal di Indonesia. 9 orang (45%) mengalami penurunan berat badan, dan 3 orang (15%) mengalami kenaikan berat badan.

Tujuan: Untuk mengetahui hubungan antara perubahan kebiasaan makan mahasiswa asing di FIB UGM dengan pemenuhan kebutuhan energi, perubahan kebiasaan makan mahasiswa asing di FIB UGM sebelum dan setelah bermigrasi ke Indonesia, dan pemenuhan energi terhadap kebutuhan energi individu mahasiswa asing di FIB UGM

Metode: Jenis dan rancangan penelitian yang digunakan adalah observasional analitik dengan rancangan penelitian *cross sectional* melalui survei menggunakan kuisioner dan observasi. Penelitian dilakukan dalam satu kali dan satu saat untuk pengambilan data responden serta mengisi kuesioner yang telah disediakan.

Kata Kunci: *kebiasaan makan, mahasiswa asing, pemenuhan energi, energi, food record*

CHANGES OF EATING BEHAVIOUR RELATED TO ENERGY ADEQUACY OF
INTERNATIONAL STUDENTS ON CULTURAL
SCIENCES FACULTY UNIVERSITAS GADJAH MADA
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ABSTRACT

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Background: Adults need energy to: (1) basal metabolism; (2) physical activity, and (3) the effects of foods or special dynamic effect (Specific Dynamic Action / SDA). Energy deficiency in adults causes weight loss and tissue damage. Preliminary research conducted in November 2013 to 20 foreign students at the Faculty, known to all subject change eating habits, especially the type of food. 12 of them or 60% experienced a weight change during their stay in Indonesia. 9 respondents (45%) experienced weight loss, and 3 (15%) respondents experienced weight gain.

Objective: To determine the relationship between the changes of eating habits with energy needs adequacy, changes in eating habits of foreign students at the Faculty before and after migrating to Indonesia, and the energy needs adequacy of foreign students in the Faculty

Methods: The type and design of this study is analytic observational study with cross sectional surveys using questionnaires and observation. The study was conducted in one time.

Results: The majority of respondents (78%) experienced a change in eating habits. 63% of respondents were not met its daily energy requirements and relatively deficits. While the stress levels of 45% of respondents classified as mild stress.

Conclusions: There is a significant relationship between changes in eating habits with individual energy needs. There is no significant relationship between the level of stress to the fulfillment of individual energy.

Keywords: eating habits, foreign students, the fulfillment of energy, energy, food record