

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PROGRAM STUDI DIPLOMA III GIZI**

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ADELINA DWI MAHARANI

**HUBUNGAN ASUPAN ZAT GIZI DENGAN TINGKAT STRES
MAHASISWA JURUSAN GIZI TINGKAT AKHIR POLTEKKES
KEMENEKS RIAU DI MASA PANDEMI COVID-19**

xiii + 66 Halaman + 24 Tabel + 2 Gambar + 7 Lampiran

ABSTRAK

Dimasa pandemi Covid-19 membawa dampak signifikan dalam proses pembelajaran. Perguruan tinggi meniadakan kegiatan belajar mengajar di kampus dan mengalihkannya menjadi pembelajaran dalam jaringan (daring). Cara mengatasi tekanan bagi mahasiswa tingkat akhir ini beragam, salah satunya yaitu mengkonsumsi makanan, sehingga memunculkan perilaku makan yang tidak sehat yang dapat mempengaruhi asupan. Akan tetapi, tidak jarang pula dengan adanya tekanan atau beban yang berat, mahasiswa memilih untuk makan sedikit atau tidak makan.

Jenis penelitian yang digunakan adalah analitik korelasional dengan rancangan *cross sectional*. Pengambilan sampel dilakukan menggunakan teknik *non probability sampling* dengan teknik *purposive sampling* dengan jumlah 78 responden. Pengambilan data asupan zat gizi menggunakan metode *food record* 24 jam, dan data tingkat stress menggunakan kuesioner *Perceived stres scale* (PSS-10). Data asupan zat gizi dan tingkat stress diperoleh melalui kuesioner yang disebarakan secara *online* lewat *google form*. Data tersebut diolah menggunakan uji *Chi-square* dengan program SPSS.

Hasil penelitian ini diketahui bahwa nilai mahasiswa yang memiliki tingkat stress sedang (84,6%), asupan energi kurang (82,1%), asupan protein kurang (53,8%), asupan lemak kurang (65,4%), asupan karbohidrat kurang (89,7%), asupan vitamin B5 kurang (89,7%). Hasil analisis statistik yaitu tidak ada hubungan asupan zat gizi (energi, protein, lemak, karbohidrat dan vitamin B5) dengan tingkat stress mahasiswa jurusan gizi tingkat akhir Poltekkes Kemenkes Riau di masa pandemi covid-19 ($p > 0,05$).

Daftar pustaka : 43 (2010-2020)

Kata kunci : Asupan zat gizi, Tingkat Stress, Covid-19

**MINISTRY OF HEALTH, REPUBLIC OF INDONESIA
POLYTECHNIC OF HEALTH, RIAU
DIPLOMA III NUTRITION STUDY PROGRAM**

FINAL PROJECT PROPOSAL, 2021

ADELINA DWI MAHARANI

**THE RELATIONSHIP OF NUTRITIONAL INTAKE WITH STRESS
LEVEL OF NUTRITION DEPARTMENT FINAL-YEAR STUDENTS OF
MINISTRY OF HEALTH POLYTECHNIC, RIAU DURING THE COVID-
19 PANDEMIC**

xiii + 66 Pages + 24 Tables + 2 picture + 7 Appendices

ABSTRACT

The Covid-19 pandemic has had a significant impact on the learning process. Higher education institutions eliminate teaching and learning activities on campus and turn them into online learning. There are various ways to deal with pressure for final year students, one of which is consuming food, which causes unhealthy eating behavior that can affect intake. However, it is not uncommon for students to choose to eat little or no food because of the pressure or heavy burden.

This type of research is correlational analytic with cross sectional design. Sampling was conducted using non-probability sampling techniques with purposive sampling technique with a total of 78 respondents. Retrieval of nutrient intake data using the 24-hour food record method, and stress level data using the questionnaire method Perceived stress scale (PSS-10) consisting of 10 questions. Nutritional intake data and stress levels were obtained through a questionnaire distributed via google form in the final batch of whatsapp group nutrition students at the Health Ministry of Health Riau Polytechnic. The data were processed using the Chi-square test with the SPSS program.

The results of this study show that the scores of students who have moderate stress levels (84.6%), less energy intake (82.1%), less protein intake (53.8%), less fat intake (65.4%), less carbohydrate (89.7%), less intake of vitamin B5 (89.7%). The relationship between energy intake and stress levels ($p = 0.447$), the relationship between protein intake and stress levels ($p = 0.440$), the relationship between fat intake and stress levels ($p = 0.841$), the relationship between carbohydrate intake and stress levels ($p = 0.399$), the relationship between intake of carbohydrates and stress levels ($p = 0.399$), vitamin B5 with stress levels ($p = 0.836$). It was concluded that there was no relationship between nutrient intake (energy, protein, fat, carbohydrates and vitamin B5) with the stress level of students majoring in nutrition at the final level of the Health Polytechnic of the Riau Ministry of Health during the Covid-19 pandemic.

Bibliography : 43 (2010-2020)

Keyword : Nutritional intake, Stress, Covid-1