

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

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**GAMBARAN ASUPAN ZAT GIZI MAKRO DAN STATUS GIZI PADA
MAHASISWA GIZI POLTEKKES KEMENKES RIAU**

xiii, 47 Halaman, 10 Tabel + , 4 Lampiran, 2 Gambar

INTISARI

Mahasiswa termasuk golongan periode usia dewasa awal (18-26 tahun). Pada usia dewasa kebutuhan zat gizi sangat diperhatikan terutama asupan zat gizi makro. Pemenuhan zat gizi pada seseorang akan mempengaruhi status gizi. Tujuan penelitian ini untuk melihat asupan zat gizi makro dan status gizi pada mahasiswa Gizi Poltekkes Kemenkes Riau.

Jenis penelitian yang dilakukan adalah penelitian deskriptif dengan desain *cross-sectional*. Populasi penelitian ini seluruh mahasiswa Gizi Poltekkes TK II berjumlah 75 mahasiswa. Sampel penelitian sebanyak 40 mahasiswa dengan pengambilan sampel menggunakan teknik *purposive sampling* berdasarkan kriteria inklusi dan eksklusi tertentu. Pengambilan data asupan makanan menggunakan *food recall* 1x24 jam dan penentuan status gizi yang diperoleh dari penimbangan berat badan serta pengukuran tinggi badan. Analisa data secara univariat.

Hasil penelitian ini adalah status gizi mahasiswa yang normal sebesar 70%, kurus sebesar 12,5%, *overweight* sebesar 5% dan obesitas sebesar 12,5%. Asupan energi mahasiswa kategori kurang sebesar 60% dan cukup sebesar 50%, asupan protein mahasiswa kategori kurang sebesar 50%, cukup sebesar 45% dan berlebih sebesar 5%, asupan lemak mahasiswa kategori kurang sebesar 50%, cukup sebesar 40% dan berlebih 10% dan asupan karbohidrat mahasiswa berada pada kategori kurang sebesar 65%, cukup sebesar 32,5% dan berlebih sebesar 2,5%. Disarankan untuk melakukan penelitian lebih lanjut mengenai gambaran asupan zat gizi makro dengan metode *food recall* 2x24 jam dan *food frequency*, sehingga didapatkan hasil asupan makan yang lebih tepat dan dapat menggambarkan pola konsumsi yang dikonsumsi oleh responden.

Daftar Pustaka :17 (2004 – 2021)

Kata kunci : Mahasiswa, Asupan Zat Gizi Makro, Status Gizi.

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

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**OVERVIEW OF MACRO NUTRION INTAKE AND NUTRIONAL
STATUS IN NUTRION DAPARTMENT STUDENTS OF POLYTHENIC
OF HEAL MINSISTRY OF HEALTH RIAU**

xiii, 48 pages, 10 tables +, 4 appendices, 2 Picture

ABSTRACT

Students belong to the early adult period (18-26 years). In adulthood the needs of nutrients are highly considered, especially the intake of macro nutrients. Fulfillment of nutrients in a person will affect nutritional status. The purpose of this study was to look at the amount of macronutrients and nutritional status in students of Nutrition Poltekkes Kemenkes Riau.

The type of research conducted is descriptive research with cross-sectional desaim. The population of this study all students of Nutrition Poltekkes TK II amounted to 75 students. A study sample of 40 students with sampling using purposive sampling techniques based on certain inclusion and exclusion criteria. The collection of food intake data using food recall 1x24 hours and determination of nutritional status obtained from weight weighing and height measurements. Analysis of data univariately.

The results of this study are normal student nutritional status by 70%, skinny by 12.5%, overweight by 5% and obesity by 12.5%. Student energy intake category less by 60% and enough by 50%, student protein intake category less by 50%, enough by 45% and excess by 5%, student fat intake category less by 50%, enough by 40% and excess 10% and student carbohydrate intake is in the category less by 65%, enough by 32.5% and excess by 2.5%. It is recommended to conduct further research on the picture of macro nutrient intake with the food recall method 2x24 hours and food frequency, so that more precise eating results can be obtained and can describe the consumption patterns consumed by respondents.

Bibiliography : 17 (2004 – 2021)

Keyword :College Student, Macro Nutrients, Nutrional Status.