

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA  
POLITEKNIK KESEHATAN KEMENKES RIAU  
PROGRAM STUDI DIIRI GIZI**

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**HUBUNGAN PENGETAHUAN TENTANG COVID-19 DENGAN  
PERILAKU GIZI SEIMBANG MAHASISWA JURUSAN GIZI  
POLITEKNIK KESEHATAN KEMENKES RIAU**

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IX+ 54 halaman + 7 tabel + 4 gambar

**INTISARI**

*Coronavirus disease 2019* (Covid-19) merupakan penyakit yang menggemparkan dunia diawal tahun 2020 yang belum pernah ditemukan sebelumnya pada manusia yang berasal dari Wuhan, Tiongkok, yang disebabkan oleh *coronavirus* jenis baru (SARS-CoV-2). Pemenuhan kebutuhan gizi individu sangat penting untuk mempersiapkan seseorang agar terhindar dari pandemi COVID-19. Tujuan penelitian ini adalah untuk melihat hubungan pengetahuan tentang COVID-19 dengan perilaku gizi seimbang pada mahasiswa jurusan gizi Politeknik Kesehatan Kemenkes Riau. Jenis penelitian ini adalah penelitian analitik, dengan desain *cross sectional*. Populasi dalam penelitian ini adalah mahasiswa jurusan gizi tingkat 2 dan 3 Politeknik Kesehatan Kemenkes Riau. Metode pengambilan sampel menggunakan teknik simple random sampling. Teknik pengambilan data variabel pengetahuan tentang COVID-19 dan perilaku gizi seimbang melalui kuisioner. Analisa data dilakukan secara univariat dan bivariat menggunakan uji chi-square. Hasil penelitian menunjukkan sebanyak 43,6% responden berumur 20 tahun, 52,7% responden merupakan mahasiswa tingkat 2, sebesar 81,8% mahasiswa yang memiliki tingkat pengetahuan baik dan 56,1% mahasiswa memiliki perilaku gizi seimbang yang baik. Dari hasil analisis dengan uji *chi square*, didapatkan p-value = 0,366 yang berarti tidak terdapat hubungan antara tingkat pengetahuan tentang COVID-19 dengan perilaku gizi seimbang pada mahasiswa Gizi Politeknik Kesehatan Riau. Berdasarkan hasil penelitian ini diharapkan mahasiswa menambah pengetahuan COVID-19 dan gizi seimbang agar menciptakan perilaku makan yang baik sesuai dengan pedoman gizi seimbang.

Daftar Pustaka :34 Referensi (2010-2021)

Kata Kunci : Pengetahuan COVID-19, Perilaku Gizi Seimbang

**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA  
POLYTECHNIC OF HEALTH OF MINISTRY HEALTH RIAU  
STUDY OF NUTRITIONAL PROGRAMS**

**TUGAS AKHIR, 2022**

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**THE RELATIONSHIP OF KNOWLEDGE ABOUT COVID-19 WITH  
BALANCED NUTRITION BEHAVIOR OF STUDENTS OF THE  
DEPARTMENT OF NUTRITION AT THE HEALTH POLYTECHNIC OF  
THE RIAU MINISTRY OF HEALTH**

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**IX+ 54 pages + 7 tables + 4 pictures**

**ABSTRACT**

Coronavirus disease 2019 (Covid-19) is a disease that took the world by storm at the beginning of 2020 that had never been found before in humans originating from Wuhan, China, caused by a new type of coronavirus (SARS-CoV-2). Assessment of individual nutritional needs is very important to prepare a person to avoid the COVID-19 pandemic. The purpose of this study was to see the relationship between knowledge about COVID-19 and balanced nutrition behavior in students majoring in nutrition at the Health Polytechnic of the Riau Ministry of Health..This type of research is analytic research, with a cross sectional design. The population in this study were students majoring in nutrition level 2 and 3 of the Health Polytechnic of the Ministry of Health Riau. The sampling method used simple random sampling technique. Data collection techniques for knowledge variables about COVID-19 and balanced nutrition behavior through questionnaires. Data analysis was carried out univariate and bivariate using chi-square test. The results showed that as many as 43.6% of respondents were 20 years old, 52.7% of respondents were level 2 students. 81.8% of students who have a good level of knowledge and 56,1% of students who have good balanced nutritional behavior. From the results of the analysis with the chi square test, showed p-value = 0,366, there was no relationship between the level of knowledge about COVID-19 and balanced nutritional behavior in nutrition students of the Riau Health Polytechnic. Based on the results of this study, it is hoped that students will increase their knowledge of COVID-19 and balanced nutrition in order to create good eating behaviors in accordance with balanced nutrition guidelines.

Bibliography :34 References (2010-2021)

keywords : Knowledge COVID-19, Balanced Nutrition,  
Behavior

