

ABSTRAK

EKA RAHAYU EDELWIS. Hubungan Asupan Zat Gizi Makro dan Status Gizi terhadap Tingkat Prestasi Akademik dan Non Akademik Mahasiswa Jurusan Gizi Poltekkes Kemenkes Riau. Dibimbing oleh FITRI dan DEWI EROWATI.

Mahasiswa membutuhkan zat gizi yang tepat, konsumsi zat gizi akan mempengaruhi status gizi mahasiswa. Konsumsi zat gizi yang tepat sesuai kebutuhan membantu perkembangan otak mahasiswa. Penelitian ini bertujuan untuk mengetahui hubungan asupan zat gizi makro dan status gizi terhadap tingkat prestasi akademik dan non akademik mahasiswa Jurusan Gizi Poltekkes Kemenkes Riau. Jenis penelitian ini yaitu deskriptif analitik dengan desain *Cross Sectional*, dengan sampel sebanyak 108 mahasiswa Jurusan Gizi Poltekkes Kemenkes Riau. Hasil penelitian tidak terdapat hubungan antara asupan zat gizi makro dengan tingkat prestasi akademik ($\rho > 0,05$), tidak terdapat hubungan antara asupan zat gizi makro dengan tingkat prestasi non akademik ($\rho > 0,05$), tidak terdapat hubungan antara status gizi dengan tingkat prestasi akademik ($\rho 0,893 > 0,05$), tidak terdapat hubungan antara status gizi dengan tingkat prestasi non akademik ($\rho 0,600 > 0,05$). Hal ini terjadi karena terdapat factor-faktor lain yang mempengaruhi tingkat prestasi akademik dan non akademik namun tidak diteliti pada penelitian ini, seperti faktor internal (inteligensi, sikap, motivasi, bakat dan minat) dan faktor eksternal (pola asuh orangtua, lingkungan pergaulan, status ekonomi).

Kata kunci : asupan, mahasiswa, prestasi, status gizi

ABSTRACT

EKA RAHAYU EDELWIS. The Relationship Between Macronutrient Intake and Nutritional Status to Academic and Non Academic Achievement of Nutrition Departement Students at the Riau Polytechnic of Health Ministry. Guided by FITRI and DEWI EROWATI.

Students require the proper nutrients, their nutritional status can be affected by the nutrients they consume. Students' brains develop more effectively when they consume the necessary nutrients. This study is intended to determine the relationship between macronutrient intake and nutritional status and academic and non-academic achievement among students enrolled in the Department of Nutrition at the Riau Ministry of Health Polytechnic. A sample of 108 students from the Nutrition Department of the Riau Ministry of Health Polytechnic participated in this descriptive-analytical study with a cross-sectional design. According to the study, there is no significant association between macronutrient intake and academic achievement ($p > 0.05$), and there is also no significant association between macronutrient intake and non-academic achievement levels ($p > 0.05$). In addition, there was no correlation between nutritional status and academic achievement level ($p 0,893 > 0,05$), nor between nutritional status and non-academic achievement level ($p 0,600 > 0,05$). While nutritional factors were not directly associated with achievement levels, other factors such as internal (intelligence, attitude, motivation, talents, interests) and external (parenting, social environment, economic status) factors may have a significant impact.

Keywords : achievement, intake, nutritional status, students