

## ABSTRAK

Rosi Tri Ayuma. Gambaran Besarnya Uang Saku dan Kebiasaan Konsumsi *Fast Food* Dengan Status Gizi Pada Mahasiswa Tingkat Akhir Poltekkes Kemenkes Riau. Dibimbing oleh Sri Mulyani, S.TP, M.SI dan Dra.Lily Restusari, M.Farm, Apt

Peningkatan ekonomi di Indonesia menyebabkan perubahan gaya hidup dan kebiasaan pola makan. Di sekitar kota besar, pola makan tradisional berganti ke makanan barat, terutama dalam bentuk *fast food*. Berbagai makanan yang termasuk dalam kategori *fast food* antara lain kentang goreng, ayam goreng, burger, minuman ringan, *pizza*, *hot dog*, donat, dan lainnya. Perkembangan ilmu pengetahuan menyebabkan taraf hidup masyarakat mengalami perubahan menjadi lebih modern seperti makanan tinggi kalori, tinggi lemak, tinggi kolestrol dan rendah serat seperti makanan cepat saji. Kandungan gizi tidak seimbang berdampak negatif bagi status gizi khususnya mahasiswa (Junaidi & Noviyanda, 2016). Tujuan dari penelitian ini untuk mengetahui gambaran besarnya uang saku dengan kebiasaan mengkonsumsi *fast food* pada status gizi mahasiswa tingkat akhir Poltekkes Kemenkes Riau. Adapun jenis penelitian ini merupakan jenis penelitian deskriptif dengan desain *Cross Sectional*. Penelitian ini dilakukan pada November - Desember 2022, dilakukan di Poltekkes Kemenkes Riau Kota Pekanbaru. Populasi pada penelitian ini mahasiswa tingkat akhir yaitu 69 orang mahasiswa gizi, kebidanan dan keperawatan Poltekkes Kemenkes Riau. Pengambilan sampel pada penelitian ini dengan teknik simple random sampling. Data primer diperoleh secara langsung oleh peneliti seperti karakteristik, pengetahuan dan pola konsumsi mahasiswa. Data identitas diperoleh dengan cara melakukan wawancara langsung kepada responden menggunakan alat bantu yaitu kuesioner. Data sekunder diperoleh dari berbagai sumber. Analisa data dilakukan secara univariat terhadap data jumlah uang saku, pengetahuan gizi, pola konsumsi, dan status gizi. Hasil penilaian rata-rata status gizi, didapatkan (52.78%) responden berstatus gizi normal, (27.78%) status gizi kurus, (8.33%) memiliki status gizi BB lebih, dan (11.11%) status gizi obesitas. Sebagian besar responden memiliki frekuensi konsumsi *fast food* yang jarang yaitu sebesar (52.2%). Hasil penilaian rata-rata uang saku menunjukkan bahwa 28 responden (40.58%) uang saku rendah, 30 responden (43.48%) uang saku sedang dan 11 responden (15.54%) uang saku tinggi. Sebagian besar responden memiliki tingkat pengetahuan gizi baik yaitu sebesar (62.3%).

Kata kunci: uang saku, *fast food*, pengetahuan gizi, status gizi.

## ABSTRACT

*Rosi Tri Ayuma. An Overview of the Amount of Pocket Money and Fast Food Consumption Habits with Nutritional Status in Final Year Students of the Riau Ministry of Health Poltekkes. Supervised by Sri Mulyani, S.TP, M.SI and Dra.Lily Restusari, M.Farm, Apt.*

*Economic improvement in Indonesia has led to changes in lifestyle and eating habits. Around big cities, the traditional diet is changing to western food, especially in the form of fast food. Various foods that fall into the fast food category include french fries, fried chicken, burgers, soft drinks, pizza, hot dogs, donuts, and others. The development of science has caused people's living standards to change to become more modern, such as foods high in calories, high in fat, high in cholesterol and low in fiber, such as fast food. Unbalanced nutritional content has a negative impact on nutritional status, especially students (Junaidi & Noviyanda, 2016). The purpose of this study was to find out the description of the amount of pocket money with the habit of consuming fast food on the nutritional status of final year students at the Poltekkes Kemenkes Riau. This type of research is a type of descriptive research with a cross sectional design. This research was conducted in November - December 2022, conducted at the Riau Ministry of Health Polytechnic, Pekanbaru City. The population in this study was final year students, namely 69 nutrition, midwifery and nursing students at the Riau Ministry of Health Poltekkes. Sampling in this study by simple random sampling technique. Primary data were obtained directly by researchers such as student characteristics, knowledge and consumption patterns. Identity data was obtained by conducting direct interviews with respondents using a tool, namely a questionnaire. Secondary data obtained from various sources. Data analysis was carried out univariately on data on the amount of pocket money, nutritional knowledge, consumption patterns, and nutritional status. The results of the average nutritional status assessment, obtained (52.78%) of respondents with normal nutritional status, (27.78%) thin nutritional status, (8.33%) had overweight nutritional status, and (11.11%) obese nutritional status. Most of the respondents have a rare frequency of fast food consumption (52.2%). The results of the average allowance assessment show that 28 respondents (40.58%) have low allowances, 30 respondents (43.48%) have moderate allowances and 11 respondents (15.54%) have high allowances. Most of the respondents had a good level of knowledge of nutrition (62.3%).*

*Keywords: pocket money, fast food, nutritional knowledge, nutritional status.*