

ABSTRAK

TRI YULIKA. Gambaran Perilaku Konsumsi Jajan di Kantin Sekolah Asrama Santri Putri pada Pondok Pesantren Nurul Huda Al – Islami Pekanbaru. Dibimbing oleh Prof. Dr. Aslis Wirda Hayati, SP, M.Si

Perilaku konsumsi jajanan di kalangan remaja, khususnya santri yang tinggal di lingkungan asrama, sangat berpengaruh terhadap status gizi dan pola makan mereka. Ketersediaan jajanan di kantin pondok pesantren dapat memengaruhi kebiasaan makan sehari-hari, baik dalam aspek frekuensi maupun jenis makanan yang dikonsumsi. Penelitian ini bertujuan untuk mengetahui gambaran perilaku konsumsi jajanan di kantin sekolah asrama santri putri Pondok Pesantren Nurul Huda Al-Islami Pekanbaru. Penelitian ini merupakan penelitian deskriptif kuantitatif dengan pendekatan cross-sectional. Sampel berjumlah 56 santri putri yang dipilih secara total sampling. Data dikumpulkan menggunakan instrumen kuesioner Food Frequency Questionnaire (FFQ) dan dianalisis secara deskriptif menggunakan distribusi frekuensi dan persentase. Hasil penelitian menunjukkan bahwa sebagian besar santri memiliki frekuensi konsumsi jajanan dalam kategori sedang (50,0%), diikuti oleh kategori rendah (39,3%), dan tinggi (10,7%). Jenis jajanan yang paling sering dikonsumsi adalah minuman manis kemasan (78,6%), gorengan (71,4%), dan makanan ringan manis (58,9%). Sementara konsumsi jajanan tradisional, buah segar, dan minuman tradisional tergolong rendah.

Kata kunci: perilaku konsumsi jajanan, santri putri, kantin sekolah, makanan ringan, pesantren

ABSTRACT

TRI YULIKA. Overview of Snack Consumption Behavior at the School Canteen Among Female Boarding Students at Pondok Pesantren Nurul Huda Al-Islami Pekanbaru Al-Islami Pekanbaru. Supervised by Prof. Dr. Aslis Wirda Hayati, SP, M.Si.

Snacking behavior among adolescents, particularly female students living in boarding school environments, greatly influences their nutritional status and eating patterns. The availability of snacks in the pesantren (Islamic boarding school) cafeteria can affect daily eating habits, both in terms of frequency and type of food consumed. This study aimed to describe the snacking behavior of female students in the school cafeteria of Pondok Pesantren Nurul Huda Al-Islami Pekanbaru. This research is a descriptive quantitative study with a cross-sectional approach. The sample consisted of 56 female students selected using total sampling. Data were collected using a Food Frequency Questionnaire (FFQ) and analyzed descriptively through frequency distribution and percentages. The results showed that most students had a moderate frequency of snack consumption (50.0%), followed by low (39.3%) and high (10.7%) categories. The most frequently consumed snacks were packaged sweet drinks (78.6%), fried foods (71.4%), and sweet snacks (58.9%). Meanwhile, the consumption of traditional snacks, fresh fruits, and traditional drinks was relatively low.

Keywords: snacking behavior, female students, school cafeteria, snacks, pesantren