

ABSTRAK

SYIFA MAULVI SASTRA. Gambaran Asupan Zat Gizi Makro dan Indeks Massa Tubuh (IMT) Mahasiswa Tingkat III Jurusan Gizi Poltekkes Kemenkes Riau. Dibimbing oleh RAHIMATUL UTHIA.

Salah satu kebutuhan penting yang harus diperhatikan adalah zat gizi makro, terutama pada mahasiswa tingkat akhir. Jadwal perkuliahan yang padat terkadang membuat mahasiswa cenderung mengabaikan asupan makan dan IMT. Penelitian ini bertujuan untuk mengetahui gambaran asupan zat gizi makro dan IMT mahasiswa tingkat III Jurusan Gizi Poltekkes Kemenkes Riau. Penelitian ini bersifat deskriptif dengan desain *cross sectional*. Sampel terdiri dari 51 responden yang dipilih menggunakan teknik stratified random sampling. Hasil penelitian menunjukkan bahwa rata-rata presentase terbesar asupan zat gizi makro responden berada pada kategori defisit. Untuk asupan energi defisit berat 47,1% responden, protein defisit sedang dan defisit ringan memiliki presentase yang sama 27,5% responden, lemak defisit berat 33,3% responden dan karbohidrat defisit kurang 39,2 % responden. IMT kategori normal 58,8% responden, kurus berat 19,6% responden, kurus ringan 13,7% responden, berat badan berlebih 3,9% responden dan obesitas 3,9% responden. Temuan dari penelitian ini menunjukkan terdapat ketidaksesuaian praktik dari ilmu yang telah didapat oleh mahasiswa tingkat III jurusan Gizi dalam memenuhi asupan gizi makro harian. Sehingga disarankan pada mahasiswa untuk lebih memperhatikan pola makan harian untuk memenuhi kebutuhan zat gizi makro.

Kata kunci: Zat gizi makro, IMT, Mahasiswa tingkat III

ABSTRACT

SYIFA MAULVI SASTRA. Gambaran Asupan Zat Gizi Makro dan Indeks Massa Tubuh (IMT) Mahasiswa Tingkat III Jurusan Gizi Poltekkes Kemenkes Riau. Dibimbing oleh RAHIMATUL UTHIA.

One important need that must be addressed is the intake of macronutrients, especially among final-year students. A busy class schedule often leads students to neglect their food intake and BMI. This study aims to assess the macronutrient intake and BMI of third-year students in the Nutrition Department at Poltekkes Kemenkes Riau. This research is descriptive in nature with a cross-sectional design. The sample consisted of 51 respondents selected using stratified random sampling techniques. The results indicate that the average percentage of macronutrient intake among respondents falls into the deficit category. For energy intake, 47.1% of respondents experienced severe deficits, while both moderate and mild protein deficits were reported by 27.5% of respondents. Additionally, 33.3% of respondents had severe fat deficits, and 39.2% had insufficient carbohydrate intake. In terms of BMI, 58.8% of respondents were categorized as normal weight, 19.6% as underweight (severe), 13.7% as underweight (mild), 3.9% as overweight, and 3.9% as obese. The findings of this study indicate a discrepancy between the knowledge acquired by third-year Nutrition students and their actual macronutrient intake practices. Therefore, it is recommended that students pay more attention to their daily eating patterns to meet their macronutrient needs.

Keywords: Macronutrients, BMI, Third-year students