

ABSTRAK

SALSABIL SYIFA. Gambaran Pola Konsumsi Buah Mahasiswa Indekos Jurusan Gizi Poltekkes Kemenkes Riau. Dibimbing oleh Prof. Dr. Aslis Wirda Hayati, SP., M.Si dan Falinda Oktariani, M.Pd.

Konsumsi buah merupakan bagian penting dalam pemenuhan gizi seimbang, namun konsumsi buah pada mahasiswa masih tergolong rendah, terutama pada mahasiswa yang tinggal di indekos. Penelitian ini bertujuan untuk mengetahui gambaran pola konsumsi buah pada mahasiswa indekos Jurusan Gizi Poltekkes Kemenkes Riau berdasarkan jenis, frekuensi, dan jumlah konsumsi buah. Penelitian ini merupakan penelitian deskriptif kuantitatif dengan desain cross-sectional. Sampel penelitian berjumlah 49 mahasiswa tingkat I dan II yang dipilih menggunakan teknik proportional stratified random sampling. Data konsumsi buah diperoleh menggunakan kuesioner Semi Quantitative Food Frequency Questionnaire (SQ-FFQ) dan dianalisis secara univariat. Hasil penelitian menunjukkan bahwa buah yang paling banyak dikonsumsi responden adalah semangka sebesar 83,7%, diikuti pir dan pepaya masing-masing sebesar 63,3%. Frekuensi konsumsi buah responden sebagian besar berada pada kategori 1–3 kali per bulan dan sebagian besar responden belum memenuhi rekomendasi konsumsi buah WHO yaitu minimal 150 gram per hari. Kesimpulan penelitian ini menunjukkan bahwa pola konsumsi buah mahasiswa indekos Jurusan Gizi Poltekkes Kemenkes Riau masih belum rutin dan konsumsi buah harian masih rendah.

Kata kunci: konsumsi buah, mahasiswa indekos, pola konsumsi, SQ-FFQ

ABSTRACT

SALSABIL SYIFA. A Study of Fruit Consumption Patterns Among Boarding House Students in the Nutrition Department at the Riau Ministry of Health Polytechnic. Supervised by Prof. Dr. Aslis Wirda Hayati, SP., M.Si and Falinda Oktariani, M.Pd.

Fruit consumption is an important part of a balanced diet, but fruit consumption among college students remains relatively low, particularly among those living in boarding houses. This study aimed to determine the patterns of fruit consumption among boarding house students in the Nutrition Department at the Riau Ministry of Health Polytechnic, based on the type, frequency, and amount of fruit consumed. This was a quantitative descriptive study with a cross-sectional design. The study sample consisted of 49 first- and second-year students selected using proportional stratified random sampling. Fruit consumption data were collected using the Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ) and analyzed univariately. The results showed that the most frequently consumed fruit among respondents was watermelon at 83.7%, followed by pears and papayas at 63.3% each. The frequency of fruit consumption among the respondents was mostly in the 1–3 times per month category, and the majority of respondents did not meet the WHO recommendation of a minimum fruit intake of 150 grams per day. The conclusion of this study indicates that the fruit consumption patterns of boarding house students in the Nutrition Department are still irregular, and daily fruit consumption remains low.

Keywords: fruit consumption, boarding house students, consumption patterns, SQ-FFQ