

## **Hubungan Porsi Makan dengan Status Gizi Santri pada Penyelenggaraan Makanan Prasmanan di Pondok Pesantren**

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### **ABSTRAK**

**Latar belakang:** Penyajian makanan pondok pesantren umumnya menggunakan sistem prasmanan. Sistem prasmanan berpotensi menjadikan santri cenderung untuk mengambil dan mengonsumsi makanan lebih banyak ataupun lebih sedikit sehingga dapat mengakibatkan ketidakseimbangan asupan gizi dan dalam jangka panjang dapat berpengaruh terhadap status gizi.

**Tujuan:** untuk mengetahui hubungan porsi makan yang meliputi energi dan zat gizi makro dengan status gizi santri pada penyelenggaraan makanan prasmanan di pondok pesantren.

**Metode:** Desain penelitian *cross-sectional* dengan subjek penelitian 90 santri SMAIT Bina Amal dipilih menggunakan teknik *purposive sampling*. Data yang diambil adalah karakteristik subjek, asupan makan, status gizi dan siklus menu. Pengambilan data asupan makan menggunakan metode *2x24h food recall*. Penentuan status gizi menggunakan parameter IMT/U. Analisis statistik menggunakan uji korelasi *Pearson*.

**Hasil:** Asupan energi, protein, lemak dan karbohidrat pada makan asrama tergolong kurang. Sebagian besar santri memiliki status gizi normal. Tidak terdapat hubungan antara porsi makan pada makan asrama yang meliputi energi ( $p=0,107$ ), protein ( $p=0,094$ ) dan lemak ( $p=0,975$ ) dengan status gizi santri. Terdapat hubungan antara karbohidrat ( $p=0,045$ ) dengan status gizi santri.

**Simpulan:** Makanan yang disediakan di asrama dengan metode prasmanan belum dapat memenuhi kebutuhan energi dan zat gizi makro harian santri. Tidak terdapat hubungan antara energi, protein dan lemak pada makan asrama dengan status gizi santri. Terdapat hubungan antara karbohidrat pada makan asrama dengan status gizi santri

**Kata kunci:** Porsi Makan, Status Gizi, Santri, Prasmanan

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## **The Relationship between Food Portions and the Nutritional Status of Santri in the Implementation of Buffet Food at Islamic Boarding Schools**

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### **ABSTRACT**

**Background:** Food service in Islamic boarding schools generally uses a buffet system. The buffet system has the potential to make students tend to take and consume more or less food that can result in nutritional imbalances and in the long run can affect nutritional status.

**Objective:** to determine the relationship between food portions which include energy and macronutrients with the nutritional status of students in serving buffet meals at Islamic boarding schools.

**Method:** A cross-sectional study design with 90 students of SMAIT Bina Amal as subjects selected using purposive sampling techniques. The data collected included subject characteristics, food intake, nutritional status and menu cycle. Data collection of food intake using the 2x24h food recall method. Determination of nutritional status using BMI/U parameters. Statistical analysis using the Pearson correlation test.

**Results:** The intake of energy, protein, fat and carbohydrates in the dormitory meal was relatively low. Most of the students have normal nutritional status. There is no relationship between the portion of dormitory meal which includes energy ( $p=0.107$ ), protein ( $p=0.094$ ) and fat ( $p=0.975$ ) with the nutritional status of the students. There is a relationship between carbohydrates ( $p=0.045$ ) and the nutritional status of students.

**Conclusion:** The food service in the dormitory with the buffet method has not been able to meet the daily energy and macronutrient needs of students. There is no relationship between energy, protein and fat in dormitory meal with the nutritional status of students. There is a relationship between carbohydrates in dormitory meal and the nutritional status of students.

**Keywords:** Food Portion, Nutritional Status, Santri, Buffet

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