

# Hubungan Keanekaragaman Pangan, Kecukupan Energi, dan Kecukupan Zat Gizi Makro dengan Status Gizi Mahasiswa

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## ABSTRAK

**Latar Belakang :** Mahasiswa merupakan salah satu kelompok usia yang tingkat keanekaragaman pangannya cukup rendah sehingga hal ini dapat berpengaruh pada ketidakseimbangan kecukupan energi dan zat gizi makro yang menyebabkan mahasiswa sering mengalami masalah gizi baik gizi kurang maupun gizi lebih. Belum terdapat penelitian terdahulu yang meneliti mengenai masalah keanekaragaman pangan pada mahasiswa Universitas Diponegoro.

**Tujuan :** Untuk mengetahui hubungan keanekaragaman pangan, kecukupan energi dan zat gizi makro dengan status gizi mahasiswa serta untuk mengetahui hubungan antara keanekaragaman pangan dengan tingkat semester mahasiswa.

**Metode :** Penelitian ini merupakan penelitian dengan rancangan *cross sectional*. Penelitian dilaksanakan pada bulan Juni 2023 dengan subjek yang diambil sebanyak 99 orang mahasiswa aktif Universitas Diponegoro semester <8. Pengambilan sampel menggunakan metode *Stratified Consecutive Sampling*. Data yang diambil berupa *food recall* 3 x 24 jam, *Individual Dietary Diversity Score* (IDDS), berat badan dan tinggi badan. Data diolah menggunakan uji statistika *Chi-Square*.

**Hasil :** Analisis data yang didapatkan terdapat hubungan antara kecukupan karbohidrat dengan status gizi ( $p=0,038$ ) dan terdapat hubungan antara keanekaragaman pangan dengan status gizi mahasiswa ( $p=0,000$ ). Tidak terdapat hubungan antara kecukupan energi ( $p=0,388$ ), lemak ( $p=0,432$ ) dan protein ( $p=0,448$ ) dengan status gizi mahasiswa.

**Simpulan :** Terdapat hubungan antara keanekaragaman pangan dan kecukupan energi dengan status gizi mahasiswa.

**Kata Kunci :** Keanekaragaman pangan, status gizi, kecukupan energi, kecukupan zat gizi makro

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## **The Correlations Between Food Diversity, Energy Intake, And Macronutrients Intake With Nutritional Status On University Students**

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### **ABSTRACT**

**Background:** Students are one of the age groups with a fairly low level of food diversity so that this can affect the imbalance of energy and macronutrient adequacy which causes students to often experience nutritional problems both undernutrition and overnutrition. There has been no previous research that examines the problem of food diversity in Diponegoro University students.

**Objective:** To determine the relationship between food diversity, energy adequacy and macronutrients with the nutritional status of students and to determine the relationship between food diversity and the semester level of students.

**Method:** This research is a cross sectional design. The research was conducted in June 2023 with 99 subjects taken as active students of Diponegoro University semester <8. Sampling using the Stratified Consecutive Sampling method. Data taken in the form of food recall 3 x 24 hours, Individual Dietary Diversity Score (IDDS), body weight and height. Data were processed using the Chi-Square statistical test.

**Result:** Analysis of the data obtained there is a relationship between carbohydrate adequacy with nutritional status ( $p=0.038$ ) and there is a relationship between food diversity with the nutritional status of students ( $p=0.000$ ). There is no relationship between energy adequacy ( $p=0.388$ ), fat ( $p=0.432$ ) and protein ( $p=0.448$ ) with the nutritional status of students.

**Conclusion:** There is a relationship between food diversity and energy adequacy with the nutritional status of students.

**Keywords:** Food diversity, nutritional status, energy intake, micronutrient intake

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