

# PERBEDAAN PROFIL KUALITAS DIET DAN STATUS GIZI PADA MAHASISWA KESEHATAN BERDASARKAN STATUS TEMPAT TINGGAL

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## ABSTRAK

**Latar Belakang:** Mahasiswa kesehatan merupakan kelompok usia dewasa awal yang memerlukan asupan gizi seimbang untuk menunjang produktivitas. Namun, masih banyak mahasiswa yang memiliki pola makan yang buruk. Status tempat tinggal merupakan salah satu faktor yang mempengaruhi asupan makan dan berdampak pada kualitas diet serta status gizi.

**Tujuan:** Penelitian ini dilakukan untuk melihat perbedaan profil kualitas diet dan status gizi pada mahasiswa kesehatan berdasarkan status tempat tinggal.

**Metode:** Rancangan penelitian ini adalah *cross sectional* dengan jumlah sampel 90 yang terdiri dari mahasiswa kos, rumah, pondok pesantren dan dipilih menggunakan metode *purposive sampling*. Data kualitas diet dinilai menggunakan *Semi Quantitative Food Frequency (SQ-FFQ)* dan *Diet Quality Index-International (DQI-I)*. Status gizi (IMT, LP, RLPP) menggunakan metode pengukuran antropometri. Uji statistik menggunakan analisis One Way Anova dan Kruskal-Wallis.

**Hasil:** Skor kualitas diet subjek mayoritas tergolong rendah (87,8%). Kualitas diet yang rendah pada subjek disebabkan rendahnya asupan sayur (76,7%) dan buah (68,9%), tingginya konsumsi lemak (80%) dan natrium (50%), serta tidak seimbang rasio makronutrien (77,8%) dan rasio asam lemak (97,8%). Sebagian besar status gizi subjek masuk ke dalam kategori normal (65,6%) menurut IMT, tidak berisiko obesitas sentral (81,8%) menurut LP, dan tidak berisiko obesitas (88,9%) menurut RLPP. Tidak ada perbedaan kualitas diet ( $p=0,344$ ), IMT ( $p=0,644$ ), lingkaran pinggang ( $p=0,420$ ), dan RLPP ( $p=0,459$ ) pada mahasiswa kesehatan berdasarkan status tempat tinggal.

**Simpulan:** Kualitas diet dan status gizi pada mahasiswa yang tinggal di rumah, kos, dan pondok pesantren tidak berbeda signifikan.

**Kata Kunci:** mahasiswa, kualitas diet, status gizi, status tempat tinggal

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# DIFFERENCES IN DIET QUALITY PROFILE AND NUTRITIONAL STATUS IN HEALTH SCIENCE STUDENTS BASED ON RESIDENCE STATUS

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## ABSTRACT

**Background:** Health science student is an early adult age group who needs a balanced nutritional intake to support their productivity. However, there are still many students who have poor eating patterns. Residential status is one of the factors their food intake which has an impact on diet quality and nutritional status.

**Objective:** This study is to analyze the differences in diet quality and nutritional status in health science based on their residence status.

**Method:** The design of this study was cross sectional with a sample size of 90 subjects consisted of students lived in dorm, home, and islamic boarding school which selected by purposive random sampling. Diet quality data was measured with *Semi Quantitative Food Frequency* (SQ-FFQ) dan *Diet Quality Index-International* (DQI-I). Nutrition status (body mass index, waist circumference, waist-to-hip ratio) was measured by anthropometric methods. Statistical tests use One Way Anova and Kruskal-Wallis.

**Results:** The majority of subjects diet quality scores were low (87,8%). The low diet quality in the subjects due to low intake of vegetable (76,7%) and fruit (68,9%), high intake of fat (80%) and natrium (50%), and unbalanced of macronutrients ratio (77,8%) and the ratio of fatty acids (97,8%). Most of the subjects has a normal nutrition status (65,6%) according to BMI, not at risk of central obesity (81,8%) according to WC, and not at risk of obesity (88,9%) according to WHR. There's no difference between diet quality ( $p=0,344$ ), body mass index ( $p=0,644$ ), waist circumference ( $p=0,420$ ), and waist-to-hip ratio ( $p=0,459$ ) in health science students based on their residence status.

**Conclusion:** Diet quality profile and nutritional status among students lived in homes, dorm, and boarding school didn't differ significantly.

**Keyword:** diet quality, student, nutrition status, residence status

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