

# PERBEDAAN ASUPAN ZAT GIZI MAKRO, POLA MAKAN DAN IMT/U PADA SANTRIWATI *BOARDING SCHOOL* YANG MEMILIKI AHLI GIZI DAN TANPA AHLI GIZI

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## Abstrak

Keberadaan ahli gizi di suatu sekolah terutama di *Boarding School* merupakan suatu hal yang masih jarang diperhatikan oleh pihak *Boarding School*, terutama dengan tujuan untuk memperhatikan santri dan santriwati dari segi kecukupan gizi. Penelitian ini bertujuan untuk menganalisis perbedaan asupan zat gizi makro (Energi, Protein, Lemak, dan Karbohidrat), pola makan dan IMT/U pada santriwati *Boarding School* yang memiliki ahli gizi dan tanpa ahli gizi. Metode penelitian ini menggunakan pendekatan kuantitatif dengan menggunakan desain *cross sectional*. Sampel penelitian didapatkan sebanyak 79 responden pada masing-masing *Boarding School* sehingga total sampel adalah 158 responden, ditentukan dengan menggunakan teknik *stratified random sampling*. Analisis data dalam penelitian ini menggunakan uji *mann whitney* untuk jenis data numerik dan uji *chi square* untuk jenis data kategorik. Terdapat perbedaan asupan energi ( $p\text{-value}= 0,010$ ), lemak ( $p\text{-value}= 0,008$ ), karbohidrat ( $p\text{-value}= 0,000$ ) dan tidak terdapat perbedaan asupan protein ( $p\text{-value}= 0,760$ ), pola makan ( $p\text{-value}= 1,000$ ), dan status gizi ( $p\text{-value}= 0,316$ ) pada santriwati di Al-Hamidiyah dan Dwiwarna *Boarding School*. Peran ahli gizi perlu ditingkatkan terutama dalam melakukan konseling dan monitoring dalam manajemen penyelenggaraan makanan serta asupan bagi santriwati *Boarding School*.

**Kata kunci:** Ahli Gizi, Asupan Zat Gizi Makro, Pola Makan, Status Gizi

# **DIFFERENCES IN MACRO NUTRITION INTAKE, EATING PATTERN AND BMI IN BOARDING SCHOOL STUDENTS WHO HAVE A NUTRITIONIST AND WITHOUT A NUTRITIONIST**

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## **Abstract**

The existence of nutritionist is still uncommon to be applied in Boarding Schools for the purpose of maintaining and enhancing students' nutritional intakes. The goal is to analyzed the differences of macronutrients intake (energy, carbohydrates, proteins, and fats), eating habit, and IMT of the students in Boarding Schools with and without nutritionists. The research was analyzed by using quantitative and cross sectional design with the amount of samples are 79 respondents from each Boarding Schools, resulting the total of the respondents are 158 students. Stratified random sampling technique was applied to choose the respondents. The data were analyzed with Mann Whitney for numerical data and chi square for category data. The results are there are the differences between energy intake (p-value = 0,0,010), fat intake (p-value=0,008), cabohydrate intake (p-value = 0,000) and there are no differences between protein intake (p-value=0,760), Eating pattern (p-value=1,000), BMI (p-value=0,316) of Al Hamidiyah students and Dwiwarna Boarding School students. The role of nutritionists needs to be improved, specifically in counseling and monitoring the management of meal service and intake for boarding school students.

**Key Word:** Nutritionist, Macro Nutrition Intake, Eating Pattern, BMI