

EKSPLORASI FAKTOR PENDUKUNG DAN FAKTOR PENGHAMBAT IMPLEMENTASI DIET GIZI SEIMBANG PADA MAHASISWA GIZI DI PERANTAUAN: EKSPLORASI KUALITATIF DENGAN METODE *PHOTOVOICE*

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Abstrak

Penelitian ini dilakukan untuk mengeksplorasi apa saja faktor yang mendorong dan menghambat praktik gizi seimbang mereka serta mengapa dan bagaimana faktor itu saling berkaitan dalam pengalaman mahasiswa gizi UPN “Veteran” Jakarta yang hidup di perantauan. Dua belas mahasiswa gizi UPN “Veteran” Jakarta menjadi informan utama melalui metode *photovoice*, didukung oleh tujuh informan pendukung. Data dianalisis menggunakan analisis tematik yang dipetakan melalui *Theory Health Belief Model* dan disajikan dalam bentuk naratif. Hasil menunjukkan Informan memiliki pemahaman yang baik mengenai gizi seimbang seperti dampak negatif menjalankan diet tidak seimbang. Hal tersebut didasari niat dan kesadaran diri, peran keluarga, pengetahuan dan pengalaman sakit dari informan. Namun dalam praktiknya sebagian besar menjelaskan bahwa pola makan mereka masih jauh dari gizi seimbang, karena hambatan yang dirasakan, antara lain rasa malas, lelah, stress akibat kesibukkan kuliah, keterbatasan keuangan, serta kurangnya akses dan fasilitas terhadap makan sehat di perantauan. Oleh karena itu, dalam menjalankan praktik diet gizi seimbang di perantauan, mahasiswa perlu didukung dengan adanya lingkungan pangan dan sosial yang memadai.

Kata Kunci : Diet Gizi Seimbang, Faktor Pendukung, Faktor Penghambat, *Photovoice*, *Theory Health Belief Model*.

EXPLORATION OF SUPPORTING FACTORS AND INHIBITING FACTORS IMPLEMENTATION OF A BALANCED NUTRITIONAL DIET IN NUTRITIONAL STUDENTS ABROAD: QUALITATIVE EXPLORATION USING THE *PHOTOVOICE* METHOD

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Abstract

This study was conducted to explore what factors encourage and inhibit their balanced nutrition practices as well as why and how these factors are interrelated in the experience of UPN "Veteran" Jakarta nutrition students living overseas. Twelve nutrition students of UPN "Veteran" Jakarta became the main informants through the *photovoice* method, supported by seven supporting informants. The data was analyzed using thematic analysis mapped through the Theory Health Belief Model and presented in narrative form. The results showed that the informants had a good understanding of balanced nutrition such as the negative impact of running an unbalanced diet. This is based on the intention and self-awareness, family role, knowledge and experience of illness from the informant. However, in practice, most of them explain that their diet is still far from balanced nutrition, because of the obstacles felt, including laziness, tiredness, stress due to busy lectures, financial limitations, and lack of access and facilities to healthy eating overseas. Therefore, in carrying out the practice of a balanced nutritional diet overseas, students need to be supported by an adequate food and social environment.

Keywords : Balanced Nutritional Diet, Inhibiting Factors, Photovoice, Supporting Factors, Theory Health Belief Model.