

## ABSTRACT

### THE RELATIONSHIP BETWEEN SOSIOECONOMIC FACTOR AND CHRONIC ENERGY DEFICIENCY RISK IN FEMALE STUDENTS OF FACULTY OF TEACHER TRAINING AND EDUCATION LAMPUNG UNIVERSITY

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**Background:** Chronic Energy Deficiency (CED) is a problem that mostly found in women of childbearing age, which one is female college student. Based on preliminary study, 60% female students of Faculty of Teacher Training and Education Lampung University were at CED risk. There are many factors contribute to CED including student allowance, peers, and media. This research aims to find the relation between those factors and CED risk in female college students of Faculty of Teacher Training and Education Lampung University.

**Method:** This research used analytical observational method with cross sectional approach in 190 female college students of Faculty of Teacher Training and Education Lampung University. Instruments used in this experiment were student allowance questionnaires, peer influence scale, media influence scale, and measuring tape. Data collected were analyzed in bivariate by using Chi Square and Fisher Exact test.

**Results:** There were 38,95% of respondents with CED risk and 61,05% with no CED risk. Both respondents with low and enough allowance were the same (95). One respondent (0,5%) were influenced by their peer and 99,5% were not influenced. Media influenced 36,3% respondents and 63,7% were not influenced by media. Based on bivariate analysis, the p value of student's allowance and CED risk was 0,552, between peer influence and CED risk was 1,000, and between media influence and CED risk was 0,006.

**Conclusion:** There was a significant relationship between media and CED risk on female college students, whereas there were no relationship between student's allowance and peer influence on CED risk.

**Keywords:** chronic energy deficiency, female college student, media, peer, student's allowance.

## ABSTRAK

### HUBUNGAN FAKTOR SOSIAL EKONOMI TERHADAP RISIKO KURANG ENERGI KRONIS (KEK) PADA MAHASISWI FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN (FKIP) UNIVERSITAS LAMPUNG

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**Latar belakang:** Kurang Energi Kronis (KEK) merupakan masalah yang banyak ditemui pada kelompok wanita usia subur (WUS) salah satunya adalah mahasiswi. Berdasarkan studi pendahuluan, sekitar 60% mahasiswi Fakultas Keguruan dan Ilmu Pendidikan (FKIP) Universitas Lampung berisiko KEK. KEK dapat dipengaruhi oleh beberapa faktor yaitu uang saku, teman sebaya, dan media massa. Penelitian ini bertujuan untuk mengetahui hubungan ketiga faktor tersebut dan risiko KEK pada mahasiswi FKIP Universitas Lampung.

**Metode:** Penelitian ini menggunakan metode analitik observasional dengan pendekatan *cross sectional* terhadap 190 mahasiswi FKIP Universitas Lampung. Instrumen yang digunakan adalah kuesioner uang saku, *Peer Influence Scale*, *Media Influence Scale*, dan pita ukur. Data yang didapat dianalisis secara bivariat menggunakan uji *Chi Square* dan *Fisher Exact*.

**Hasil:** Terdapat 38,95% mahasiswi berisiko KEK dan 61,05% yang tidak berisiko KEK. Jumlah kedua responden dengan uang saku kurang dan cukup adalah sama (50%). Satu mahasiswi (0,5%) menyatakan bahwa teman sebaya memiliki pengaruh dan 99,5% menyatakan tidak berpengaruh. Media mempengaruhi 36,3% mahasiswi dan 63,7% tidak dipengaruhi oleh media. Berdasarkan analisis bivariat, *p value* hubungan antara uang saku dan risiko KEK adalah 0,552, hubungan antara teman sebaya dan risiko KEK adalah 1,000, hubungan antara media dan risiko KEK adalah 0,006.

**Simpulan:** Terdapat hubungan antara media dan risiko KEK namun tidak terdapat hubungan antara uang saku dan teman sebaya terhadap risiko KEK pada mahasiswi FKIP Unila

**Kata kunci:** kurang energi kronis, mahasiswi, media, teman sebaya, uang saku.