

## ABSTRACT

### RELATIONSHIP BETWEEN NUTRITIONAL KNOWLEDGE AND IMMUNONUTRITION INTAKE WITH IMMUNITY STATUS POST-PANDEMI COVID-19 IN FIRST YEAR STUDENT OF MEDICAL PROGRAM, FACULTY OF MEDICINE, UNIVERSITY OF LAMPUNG PERIOD 2022/2023

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**Background:** Impact of COVID-19 Pandemic is still be felt in various aspects of life. To heal and prevent the COVID-19 infection is determined by the immunity status of each individual, immunity was affected by the immunonutrition intake. A Good nutritional knowledge is expected to have an effect on good pattern of immunonutrition consumption. This study's purpose to determine the relationship between nutritional knowledge and immunonutrition intake with immunity status post-pandemic COVID-19 in college students.

**Methods:** This study is an observational analytic using cross-sectional design. The research started from December to January 2023. The sample for this study was 104 first year medical student and taken using a simple random sampling technique that met the inclusion and exclusion criteria. The data were obtained by filling out questionnaires and were analyzed using the *Chi-square* test.

**Results:** The result of this study indicate that 51,9% of respondents have decreased of immune status. Bivariate test showed that intake of protein ( $p < 0,001$ ), zinc (0,006), iron ( $p < 0,001$ ), vitamin A ( $p < 0,001$ ), and vitamin C ( $p = 0,002$ ) had a relationship with immunity status. Meanwhile nutritional knowledge ( $p = 0,708$ ) had no relationship to immune status.

**Conclusion:** The conclusion that there is a relationship between immunonutrition intake with immunity status and there's no relationship between nutritional knowledge with immunity status post-pandemic COVID-19.

**Keyword:** Immunonutrition, The COVID-19 pandemic, nutritional knowledge, immunity status

## ABSTRAK

### HUBUNGAN ANTARA PENGETAHUAN GIZI DAN ASUPAN ZAT IMUNONUTRISI DENGAN STATUS IMUNITAS PASCAPANDEMI COVID-19 PADA MAHASISWA TAHUN PERTAMA PSPD FK UNILA PERIODE 2022/2023

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**Latar Belakang:** Dampak pandemi COVID-19 masih dapat dirasakan di berbagai aspek kehidupan. Penyembuhan dan pencegahan infeksiya ditentukan melalui status imunitas masing-masing individu, imunitas ini sangat dipengaruhi oleh asupan imunonutrisi. Pengetahuan gizi yang baik diharapkan dapat memberikan efek terhadap baiknya pola konsumsi imunonutrisi. Penelitian ini bertujuan untuk mengetahui hubungan antara pengetahuan gizi dan asupan imunonutrisi dengan status imunitas pascapandemi COVID-19 pada mahasiswa.

**Metode:** Penelitian ini merupakan penelitian analitik observasional dengan menggunakan desain potong lintang. Penelitian dilakukan bulan Desember 2022 hingga Januari 2023. Sampel penelitian ini berjumlah 104 mahasiswa tingkat pertama PSPD FK Unila yang diambil dengan teknik *simple random sampling* yang memenuhi kriteria inklusi dan eksklusi. Data diperoleh melalui pengisian kuesioner dan dianalisis menggunakan uji *Chi-Square*.

**Hasil:** Hasil penelitian ini menunjukkan bahwa 51,9% responden memiliki status imunitas menurun. Uji bivariat menunjukkan bahwa asupan protein ( $p < 0,001$ ), asupan zink ( $p = 0,006$ ), asupan zat besi ( $p < 0,001$ ), asupan vitamin A ( $p < 0,001$ ), dan asupan vitamin C ( $p = 0,002$ ) memiliki hubungan terhadap status imunitas, sedangkan pengetahuan gizi ( $p = 0,708$ ) tidak memiliki hubungan terhadap status imunitas.

**Kesimpulan:** Dapat disimpulkan bahwa terdapat hubungan antara asupan imunonutrisi dengan status imunitas dan tidak terdapat hubungan antara pengetahuan gizi dengan status imunitas pascapandemi COVID-19.

**Kata Kunci:** Imunonutrisi, Pandemi COVID-19, Pengetahuan Gizi, Status Imunitas