ABSTRAK

MODEL PREDIKSI KURANG ENERGI KRONIK (KEK) PADA MAHASISWI STRATA SATU UNIVERSITAS LAMPUNG

Oleh

CAECILIA CIERRA ARNI

Kurang Energi Kronik (KEK) adalah keadaan malnutrisi dimana tidak tercukupinya zat gizi dalam waktu lama. Apabila hal ini dibiarkan terus akan berdampak buruk terutama pada Wanita Usia Subur (WUS). Penelitian ini bertujuan untuk menganalisis faktor yang memengaruhi kejadian KEK pada mahasiswi strata satu Universitas Lampung. Jenis penelitian ini adalah observasional analitik dengan desain penelitian *cross sectional*, pengambilan data dilakukan pada bulan Febuari tahun 2023. Sampel penelitian adalah mahasiswi strata satu yang dipilih secara acak dengan teknik pengambilan *multistage random sampling* dan berjumlah 225 mahasiswi. Penelitian yang dilakukan dengan menilai perilaku asupan makan (energi, karbohidrat, protein, dan lemak), pengetahuan gizi, sikap gizi, citra tubuh, teman sebaya, dan media sosial melalui kuesioner. Analisis statistik yang dilakukan adalah univariat, bivariat (*chi square*) dan multivariat. Hasil penelitian adalah proporsi mahasiswi strata satu Universitas Lampung yang mengalami KEK sebesar 51,6%, perilaku asupan energi defisit sebesar 78,2%, perilaku asupan karbohidrat defisit sebesar 86,2%, perilaku asupan protein defisit sebesar 58,7%, perilaku asupan lemak defisit sebesar 68,9%, pengetahuan gizi kurang sebesar 47,6%, sikap gizi negatif sebesar 79,1%, citra tuuh tidak puas sebesar 58,2%, teman sebaya yang berpengaruh sebesar 35,1%, dan media sosial yang berpengaruh sebesar 28,4%. Hasil analisis bivariat yang memengaruhi KEK adalah perilaku asupan energi (p=0,000), perilaku asupan karbohidrat (p=0,012), perilaku asupan protein (p=0,002), perilaku asupan lemak (p=0,007), pengetahuan gizi (p=0,050), dan citra tubuh (p=0,000). Hasil multivariat didapatkan model persamaan kejadian KEK = -4,902 + 1,095 asupan energi normal + 0,647 pengetahuan gizi kurang + 1,176 citra tubuh puas.

Kata Kunci : remaja putri akhir, mahasiswi strata satu, KEK, Model prediksi

ABSTRACT
PERDICTION MODEL FOR CHRONIC ENERGY DEFICIENCY (CED) IN UNDERGRADUATE FEMALE STUDENTS AT THE UNIVERSITY OF LAMPUNG

By
CAECILIA CIERRA ARNI

Chronic Energy Deficiency (CED) is a state of malnutrition in which there is lack of nutrients for a long period of time. If this condition continued, it will lead to negative impact, especially on Women of Reproductive Age (WRA). This study was conducted to analyze the factors that influence the condition of CED in undergraduate students at the University of Lampung. This type of research was analytic observational with a cross-sectional research design, the data collection was carried out in February 2023. The research sample were undergraduate female students whom randomly selected using multistage random sampling technique with the total of 225 female students. The research was conducted by assessing food intake behavior (energy, carbohydrates, protein, and fat), nutritional knowledge, nutritional attitudes, body image, peers, and social media through questionnaires. The statistical analysis performed was univariate, bivariate (chi square) and multivariate. The results showed that the proportion of undergraduate female students at the University of Lampung who experienced CED was 51.6%, energy intake was a deficit of 78.2%, carbohydrate intake was a deficit of 86.2%, protein intake was a deficit of 58.7%, fat intake was a deficit of 68.9%, lack of nutrition knowledge by 47.6%, negative nutrition attitude by 79.1%, unsatisfied body image by 58.2%, influential peers by 35.1%, and the effect of social media by 28.4%. The results of the bivariate analysis that affected CED were energy intake (p=0.000), carbohydrate intake (p=0.012), protein intake (p=0.002), fat intake (p=0.007), nutritional knowledge (p=0.050), and body image (p=0.000). The multivariate results obtained an equation model for the incidence of CED = -4,902 + 1.095 normal energy intake + 0.647 lack of nutritional knowledge + 1.176 satisfied body image.

Keywords : late adolescent girls, undergraduate female students, CED, prediction model