

POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN GIZI
Tugas Akhir, Juni 2023

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Gambaran Pola makan, Tingkat Pengetahuan Gizi Seimbang Dan Status Gizi Wanita Petani Kopi Di Desa Sukananti Kecamatan Way Tenong Lampung Barat Tahun 2023

xiii + 78 halaman + 24 tabel + 6 gambar, 15 lampiran

ABSTRAK

Permasalahan gizi orang dewasa lebih cenderung pada kelebihan berat badan. Menurut hasil data Riskesdas (2010), secara nasional persentase penduduk yang mengalami overweight dan obesitas (21,7%) lebih tinggi daripada penduduk yang mengalami gizi kurang (12,6%). Tujuan penelitian ini adalah untuk mengetahui Gambaran Pola Makan, Tingkat Pengetahuan Gizi Seimbang dan Status Gizi Wanita Petani Kopi Di Desa Sukananti Kecamatan Way Tenong Lampung Barat Tahun 2023.

Jenis penelitian yang digunakan adalah deskriptif, dengan jumlah sampel 46. Penelitian ini dilaksanakan pada bulan April-Mei 2023 di Desa Sukananti Kecamatan Way Tenong Lampung Barat. Teknik pengambilan sampel pada penelitian ini yaitu menggunakan teknik sistematik random sampling. Pengambilan data dengan cara pengukuran dan wawancara.

Hasil penelitian diperoleh 47,8% memiliki status gizi lebih berdasarkan IMT. 84,8% obesitas berdasarkan RLPP. Sebanyak 45,7% asupan energi lebih, 13,0% energi kurang. Sebanyak 39,1% asupan protein lebih, 23,9% asupan protein kurang. Sebanyak 43,5% asupan lemak lebih, 19,6% asupan lemak kurang. Sebanyak 45,7% asupan karbohidrat lebih, 17,4% asupan karbohidrat kurang. Sebanyak 45,7% pengetahuan kurang, 34,5% pengetahuan cukup. Sebanyak 60,8% penghasilan diatas UMR. Sebanyak 2,2% tidak sekolah, 52,2% tamat SD, 8,7% tamat SMP dan 37,0% tamat SMA.

Disimpulkan penelitian ini sebanyak 47,8% obesitas berdasarkan IMT dan 84,8% obesitas berdasarkan RLPP. Hasil recall asupan zat gizi makro rata-rata responden memiliki asupan zat gizi makro lebih. Saran sebaiknya pihak puskesmas dan aparat desa melakukan penyuluhan gizi dan memberikan edukasi dan konseling terkait isi piringku.

Kata Kunci : Status Gizi, Pola Makan, Pengetahuan Gizi Seimbang

Daftar Bacaan : 54 (2008-2022)

**TANJUNGPURBA HEALTH POLYTECHNIC
DEPARTMENT OF NUTRITION
Final Project, June 2023**

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Overview of Diet, Knowledge Level of Balanced Nutrition and Nutritional Status of Women Coffee Farmers in Sukananti Village, Way Tenong District, West Lampung in 2023

xiii + 78 pages + 24 tables + 6 pictures, 15 attachments

ABSTRACT

Nutritional problems of adults are more likely to be overweight. According to the results of Riskesdas data (2010), nationally the percentage of people who are overweight and obese (21.7%) is higher than people who experience malnutrition (12.6%). The purpose of this study was to find out the description of eating patterns, knowledge level of balanced nutrition and nutritional status of women coffee farmers in Sukananti Village, Way Tenong District, West Lampung in 2023.

The type of research used was descriptive, with a total sample of 46. This research was conducted in April-May 2023 in Sukananti Village, Way Tenong District, West Lampung. The sampling technique in this study is using a systematic random sampling technique. Collecting data by means of measurement and interviews.

The results showed that 47.8% had more nutritional status based on BMI. 84.8% obesity based on RLPP. As much as 45.7% more energy intake, 13.0% less energy. As much as 39.1% more protein intake, 23.9% less protein intake. As much as 43.5% more fat intake, 19.6% less fat intake. As much as 45.7% more carbohydrate intake, 17.4% less carbohydrate intake. As much as 45.7% knowledge is lacking, 34.5% knowledge is sufficient. As much as 60.8% of income above the minimum wage. 2.2% did not go to school, 52.2% finished elementary school, 8.7% finished junior high school and 37.0% finished high school.

It was concluded that this study was 47.8% obese based on BMI and 84.8% obese based on RLPP. The results of the recall on the intake of macronutrients on average for respondents have more intake of macronutrients. Suggestions are that the puskesmas and village officials should conduct nutrition counseling and provide education and counseling regarding the contents of my plate..

Keywords: Nutritional Status, Diet, Knowledge of Balanced Nutrition
Reading List: 54 (2008-2022)