

**POLITEKNIK KESEHATAN TANJUNGPONOROK
JURUSAN GIZI
Tugas Akhir, 2023**

DINDA PERMATA SARI

Gambaran Faktor Eksternal dan Daya Terima Makanan di Asrama Muslimat Pondok Pesantren Alfatah Natar Tahun 2023.

Xii + 58 Halaman + 22 Tabel + 2 Gambar + 6 Lampiran

ABSTRAK

Keberhasilan dari penyelenggaraan makanan dapat dilihat dari daya terima atau sisa makanan yang disajikan. Daya terima atau sisa makanan dapat dipengaruhi dari faktor penampilan dan rasa makanan yang disajikan. Tujuan dari penelitian ini adalah untuk mengetahui Gambaran Faktor Eksternal dan Daya Terima Makanan di Asrama Muslimat Pondok Pesantren Alfatah Natar.

Jenis Penelitian yang digunakan dalam penelitian ini adalah deskriptif, jumlah sampel yang diambil adalah 60 siswa dari 150 siswa yang ditentukan dengan teknik simple random sampling. Penelitian dilaksanakan selama 1 hari, pengisian kuesioner dengan variable ketepatan waktu distribusi makanan, sikap petugas, penampilan, rasa makanan dan sisa makanan. Cara pengumpulan data dengan observasi menggunakan kuesioner form ceklist. Gambaran daya terima makanan menggunakan variable sisa makanan metode Comstock. Data yang dihasilkan dianalisis secara univariat untuk memperoleh Gambaran Faktor Eksternal dan Daya Terima Makanan di Asrama Muslimat Pondok Pesantren Alfatah Natar.

Hasil penelitian menunjukkan bahwa rata-rata ketepatan waktu distribusi makanan adalah (66.1%) sehingga disimpulkan tidak tepat waktu. Gambaran sikap penyaji responden menyatakan bahwa tidak ramah (55%). Aspek penampilan masuk dalam kategori kurang menarik (69.75%) sedangkan aspek cita rasa makanan masuk dalam kategori kurang enak (70.4%). Dan daya terima makan masih rendah dengan rata-rata daya terima makanan sehari yaitu (71.37%).

Berdasarkan hasil dari penelitian, berdasarkan hasil dari penelitian kesimpulan yang didapatkan yaitu ketepatan waktu distribusi makanan tidak tepat menurut Depkes RI 2013, sikap penyaji tidak ramah, penampilan makanan kurang menarik, cita rasa makanan kurang enak, dan untuk daya terima makanan disimpulkan belum berhasil karena masih banyak sisa makanan sehingga daya terima makanan masih kurang. Maka saran yang diberikan diharapkan kepada pihak asrama perlu monitoring cita rasa agar rasa makanan yang diselenggarakan untuk siswa-siswi asrama tetap terjaga. Pihak Asrama perlu melakukan peninjauan untuk membuat siklus menu, standar porsi, dan standar bumbu, agar makanan dapat lebih diterima oleh siswa-siswi asrama.

Kata kunci : Penyelenggaraan makanan, cita rasa, dan daya terima makanan
Daftar bacaan : 12 (2013-2023)

POLYTECHNIC OF HEALTH TANJUNGPUR
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DINDA PERMATA SARI

Overview of Food Acceptance at the Alfatah Natar Islamic Boarding School Dormitory in 2023.

Xiii + 58 Pages + 22 Tables + 2 Pictures + 6 Attachments

ABSTRACT

The success of organizing food can be seen from the acceptance or leftovers of the food served. Acceptability or food waste can be influenced by the taste of the food served. The purpose of this research is to find out the description of food acceptance in the Alfatah Natar Muslim boarding school dormitory.

The type of research used in this study was descriptive, the number of samples taken was 60 students from 150 students who were determined by simple random sampling technique. The research was carried out for 1 day, filling out questionnaires with the variable timeliness of food distribution, the attitude of the staff, appearance, taste and food waste. How to collect data by observation using a checklist form questionnaire. Description of food acceptability using the Comstock method of food waste variables. The resulting data were analyzed univariately to obtain an overview of food acceptability at the Alfatah Natar Islamic Boarding School Dormitory.

The results showed that the average timeliness of food distribution was (66.1%), so it was concluded that it was not timely. The description of the attitude of the respondent presenters stated that they were not friendly (55%). The appearance aspect is included in the less attractive category (69.75%) while the food taste aspect is included in the less tasty category (70.4%). And food acceptance is still low with an average daily food acceptance (71.37%).

Based on the results of the research, based on the results of the research the conclusions obtained were that the timeliness of food distribution was not appropriate according to the RI Ministry of Health 2013, the attitude of the waiter was not friendly, the appearance of the food was less attractive, the taste of the food was not tasty, and for food acceptance it was concluded that it had not been successful because it was still lots of food leftovers so food acceptance is still lacking. So the advice given is expected that the hostel needs to monitor the taste so that the taste of the food held for the hostel students is maintained. The hostel needs to conduct a review to make menu cycles, portion standards, and seasoning standards, so that food can be more accepted by hostel students.

Keywords : Food service, taste and food acceptance

Reading list : 12 (2013-2023)