

ABSTRAK

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HUBUNGAN PENGETAHUAN GIZI, SIKAP, DAN MOTIVASI DENGAN PERILAKU GIZI SEIMBANG MAHASISWA KESEHATAN DAN NON KESEHATAN DI KOTA BANJARBARU

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(xv + 68)

Perilaku makan seseorang dipengaruhi oleh faktor internal seperti persepsi, pengetahuan, keinginan, motivasi, niat, dan sikap, sedangkan faktor eksternalnya seperti pengalaman, fasilitas, dan sosial budaya. Penelitian ini bertujuan mengetahui hubungan pengetahuan gizi, sikap, dan motivasi dengan perilaku gizi seimbang mahasiswa kesehatan dan non kesehatan di Kota Banjarbaru. Penelitian observasional analitik ini menggunakan desain *cross sectional*. Melibatkan 30 mahasiswa kesehatan dan 30 mahasiswa non kesehatan dengan menggunakan teknik Non Probability Sampling. Instrumen pada penelitian ini yakni kuesioner pengetahuan gizi, sikap, motivasi, dan perilaku gizi seimbang. Hasil penelitian menunjukkan sebagian besar mahasiswa kesehatan dan non kesehatan adalah pengetahuan gizi, sikap dan perilaku gizi seimbang kategori baik sedangkan motivasi Sebagian besar mendapat motivasi intrinsik dan ekstrinsik. Dapat disimpulkan bahwa pengetahuan gizi ($p=0,664$ dan $p=0,358$) dan motivasi ($p=0,796$ dan $p=0,492$) tidak memiliki hubungan dengan perilaku gizi seimbang mahasiswa kesehatan dan non kesehatan, sedangkan sikap ($p=0,001$ dan $p=0,001$) memiliki hubungan dengan perilaku gizi seimbang mahasiswa kesehatan dan non kesehatan. Disarankan untuk terus meningkatkan pengetahuan gizi dan motivasi melalui pendidikan formal, literatur ilmiah, dan informasi terbaru mengenai gizi dan pola makan yang sehat.

Kata Kunci : Motivasi, pengetahuan gizi, perilaku gizi seimbang, sikap.

ABSTRACT

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THE RELATIONSHIP OF NUTRITION KNOWLEDGE, ATTITUDES, AND MOTIVATION WITH BALANCED NUTRITION BEHAVIOR OF HEALTH AND NON-HEALTH STUDENTS IN BANJARBARU CITY

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The state of good nutrition is the main prerequisite in realizing quality human. A person's eating behavior is influenced by internal factors such as perception, knowledge, desire, motivation, intention and attitude, while external factors such as experience, facilities and socio-culture. This study aims to determine the relationship between nutritional knowledge, attitudes, and motivation with balanced nutrition behavior of health and non-health students in Banjarbaru City. This analytic observational study used a cross-sectional design. Involved 30 health students and 30 non-health students using the Non Probability Sampling technique. The instruments in this study were nutritional knowledge questionnaires, attitudes, motivation, and balanced nutritional behavior. The results showed that the majority of health and non-health students had good knowledge of nutrition, attitudes and behavior on balanced nutrition, while the motivation of the majority received intrinsic and extrinsic motivation. It can be concluded that nutritional knowledge ($p=0.664$ and $p=0.358$) and motivation ($p=0.796$ and $p=0.492$) have no relationship with balanced nutrition behavior of health and non-health students, while attitudes ($p=0.001$ and $p=0.001$) have relationship with balanced nutrition behavior of health and non-health students. It is recommended to continue to improve nutrition knowledge and motivation through formal education, scientific literature, and the latest information on nutrition and healthy eating patterns.

Keywords: Attitude, balanced nutrition behavior, motivation, nutritional knowledge.