

Gambaran Indeks Massa Tubuh (IMT), Aktivitas Fisik dan Asupan Makanan Mahasiswi Jurusan Gizi Poltekkes Kemenkes Yogyakarta di Masa *New Normal*

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ABSTRAK

Pada akhir tahun 2019 dunia dikejutkan dengan kemunculan virus corona (Covid-19). *New Normal* merupakan langkah penanganan Covid-19 dalam bidang Kesehatan, sosial dan ekonomi salah satu anjuran pemerintah ialah *Learn From Home* (LFH). Indeks Massa Tubuh (IMT) dinyatakan sebagai berat badan (dalam kilogram) dibagi dengan kuadrat tinggi badan (dalam meter). Indeks Massa Tubuh dipengaruhi oleh asupan makanan dan aktivitas fisik seseorang, jika melakukan aktivitas fisik secara teratur maka akan membantu membuat berat badan akan stabil. Tujuan dari penelitian ini adalah asupan makanan yang masuk ke dalam tubuh sehingga tercerna dengan baik dan serta mengetahui gambaran Indeks Massa Tubuh (IMT), Aktivitas Fisik dan Asupan Makanan pada mahasiswi tingkat 2 jurusan Gizi Poltekkes Kemenkes Yogyakarta. Metode Penelitian ini adalah penelitian observasional dengan desain *cross sectional* dengan jumlah sampel 52 mahasiswi tingkat 2 di Jurusan Gizi Poltekkes Kemenkes Yogyakarta. Pengumpulan data dilakukan secara daring menggunakan *Google Form*. Analisis data menggunakan Analisis Univariate dengan menggunakan uji *crosstabs*. Hasil dari penelitian ini menunjukkan bahwa rata-rata asupan gizi masuk dalam kategori kurang dengan rincian sebagai berikut, asupan energi sebanyak (96%) mahasiswi, asupan protein sebanyak (71%) mahasiswi, lemak sebanyak (86%) mahasiswi dan karbohidrat sebanyak (75%) mahasiswi, rata-rata aktivitas fisik (46,1%) mahasiswi tergolong ringan tetapi juga terdapat yang tergolong sedang (23%) mahasiswi dan berat (30%) mahasiswi. Rata-rata mahasiswi berstatus gizi normal sebanyak (76,9%), status gizi kurus sebanyak (19,2%) dan gemuk sebanyak (3,9%). Kesimpulan: Data antropometri di gunakan untuk menghitung status gizi dengan rumus IMT yaitu $(BB \text{ (kg)} / TB \text{ (m}^2\text{)})$, berdasarkan indeks massa tubuh menunjukkan bahwa rata-rata mahasiswi berstatus gizi normal, aktivitas fisik yang dilakukan mahasiswi sehari-hari rata-rata masuk dalam kategori ringan dan rata-rata mahasiswi memiliki asupan energi, protein, lemak dan karbohidrat dalam kategori kurang.

Kata Kunci: Indeks Massa Tubuh (IMT), Aktivitas Fisik, Asupan Makanan, Mahasiswi Jurusan Gizi Poltekkes Kemenkes Yogyakarta.

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Overview of Body Mass Index (BMI), Physical Activity and Food Intake of Students of the Nutrition Department of the Health Polytechnic of the Ministry of Health Yogyakarta in the New Normal Period

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ABSTRACT

At the end of 2019 the world was shocked by the emergence of the corona virus (Covid-19). New Normal is a step in handling Covid-19 in the health, social and economic sectors. One of the government's recommendations is Learn From Home (LFH). *Body Mass Index* (BMI) is expressed as body weight (in kilograms) divided by the square of height (in meters). Body Mass Index is influenced by food intake and physical activity of a person, if you do regular physical activity it will help the intake of food that goes into the body so that it is digested properly and makes your body weight stable. The purpose of this study was to determine the description of the Body Mass Index (BMI), Physical Activity and Food Intake of the 2nd level female students majoring in Nutrition, Health Polytechnic of the Ministry of Health Yogyakarta. This research method is an observational study with a cross sectional design with a total sample of 52 female students of level 2 in the Department of Nutrition, Health Polytechnic of the Ministry of Health Yogyakarta. Data collection is done online using Google Form. Data analysis used Univariate Analysis using the crosstabs test. The results of this study indicate that the average nutritional intake is in the poor category with the following details, energy intake (96%) female students, protein intake (71%) female students, fat (86%) female students and carbohydrates as much (75 %) students, the average physical activity (46.1%) of female students was classified as light but there were also those who were classified as moderate (23%) female students and heavy (30%) female students. On average, female students with normal nutritional status (76.9%), thin nutritional status (19.2%) and fat (3.9%). Conclusion: Anthropometric data is used to calculate nutritional status with the BMI formula (weight (kg) / TB (m²)), based on the body mass index, it shows that on average female students are normal nutritional status, physical activity performed by students on a daily basis is On average, it is included in the light category and the average female student has less energy, protein, fat and carbohydrate intake.

Keywords: Body Mass Index (BMI), Physical Activity, Food Intake, Student, Department of Nutrition, Health Polytechnic of the Ministry of Health Yogyakarta.

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