

**HUBUNGAN ASUPAN GIZI DENGAN STATUS GIZI  
MAHASISWI JURUSAN GIZI POLTEKKES KEMENKES SURABAYA  
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**ABSTRAK**

Kurang Energi Kronis (KEK) adalah kurangnya asupan energi yang berlangsung lama. Wanita usia subur dikatakan KEK jika lingkaran lengan atas (LILA) <23,5 cm. Pada Wanita Usia Subur yang dibiarkan KEK maka memiliki risiko untuk melahirkan bayi dengan berat lahir yang rendah dan menyebabkan kematian bayi. Di Indonesia prevalensi KEK berdasarkan Riskesdas 2018 pada WUS yang hamil mencapai angka 17,3% dan yang tidak hamil mencapai angka 14,5%. Berdasarkan sebagai studi pendahuluan pada mahasiswa tingkat III Jurusan Gizi Poltekkes Kemenkes Surabaya didapatkan hasil yang menderita KEK mencapai 32,25%. Tujuan dari penelitian ini adalah menganalisis hubungan asupan gizi dengan status gizi Mahasiswa Jurusan Gizi Poltekkes Kemenkes Surabaya tahun 2019.

Jenis penelitian ini merupakan penelitian analitik. Desain penelitian yang digunakan dalam penelitian ini adalah *cross sectional*. Metode pengumpulan data asupan gizi diperoleh dari *recall* 3 x 24 jam. Jumlah sampel pada penelitian ini sebanyak 52 mahasiswa Jurusan Gizi Poltekkes Kemenkes Surabaya diambil berdasarkan *proportional random sampling*. Uji statistik menggunakan uji *rank spearman* untuk mengetahui ada atau tidaknya hubungan asupan gizi dengan status gizi Mahasiswa Jurusan Gizi Poltekkes Kemenkes Surabaya tahun 2019.

Dari hasil penelitian, hubungan asupan gizi dengan status gizi mahasiswa Jurusan Gizi Poltekkes Kemenkes Surabaya  $p < 0,005$ , Hubungan energi dengan lingkaran lengan atas diperoleh angka korelasi 0,551 dan  $p$  0,000. Untuk protein diperoleh angka korelasi 0,680 dan  $p$  0,008, untuk asupan lemak diperoleh angka korelasi 0,650 dan  $p$  0,009, untuk karbohidrat angka korelasi 0,588 dan  $p$  0,002.

Berdasarkan penelitian ada hubungan asupan gizi (Energi, protein, lemak, dan karbohidrat) dengan status gizi Mahasiswa Jurusan Gizi Poltekkes Kemenkes Surabaya tahun 2019

Kata kunci : *Asupan Gizi, Kekurangan Energi Kronis*

**THE CORRELATION OF NUTRITIONAL INTAKE WITH NUTRITIONAL  
STATUS OF FEMALE STUDENT DEPARTMENT OF NUTRITION  
POLTEKKES KEMENKES SURABAYA 2019**

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**ABSTRACT**

*Chronic energy deficiency (CED) is the lack of energy intake in a long period of time. Women of childbearing which is said to CED if the upper arm circumference (LILA) is <23.5 cm. In women of childbearing age are left with CED, they are at risk of giving birth to babies with low birth weight and causing infant mortality. In Indonesia, the prevalence of CED based on Riskesdas 2018 on pregnant woman reached 17.3% and those who were not pregnant reached 14.5%. Based on a preliminary study at third-grade female students of Poltekkes Kemukus Surabaya, results obtained with CED reached 32.25%. The purpose of this study was to analyze the correlation of nutritional intake with nutritional status of female student Departement of Nutrition Poltekkes Kemenkes Surabaya 2019.*

*This type of research is observational analytic with this type of research design is cross-sectional. Methods of collecting nutrition intake data were obtained from recall 3 x 24 hours. The samples in this study as many as 52 female students from Poltekkes Kemenkes Surabaya were taken based on proportional random sampling. Test statistics using the rank spearman test to determine whether or not there is a correlation of nutritional intake with upper arm circumference colleger department of nutrition Poltekkes Kemenkes Surabaya 2019.*

*From the results of the study, the relationship between nutritional intake and the nutritional status of female students of the Department of Health Nutrition Department of Health Surabaya  $p < 0.005$ , Energy relations with the upper arm circumference obtained a correlation is 0.551 and  $p 0,000$ . For protein, it is obtained a correlation is 0.680 and  $p 0.008$ , for fat intake we obtain a correlation is 0.650 and  $p 0.009$ , for carbohydrate figures the correlation is 0.588 and  $p 0.002$ .*

*Based on the research there is a correlation between nutritional intake (Energy, protein, fat, and carbohydrate) and nutritional status of Student Nutrition Department of Health Ministry of Health Surabaya in 2019*

*Keyword : Nutritional Intake, chronic energy deficiency*