

KAJIAN DAYA TERIMA MENU MAKANAN PADA SISTEM PENYELENGGARAAN MAKANAN DI PONDOK PESANTREN SUNAN DRAJAT LAMONGAN TAHUN 2015

(Studi Kuantitatif di Pondok Pesantren Sunan Drajat Lamongan)

(Lathifah Ilmawati)

ABSTRAK

Usia remaja (10-18 tahun) merupakan periode rentan gizi karena remaja memerlukan zat gizi yang lebih tinggi untuk pertumbuhan fisik dan perkembangan. Penyelenggaraan makanan di asrama atau di pondok pesantren umumnya kurang variatif. Sumber daya petugas yang memasak dan menyiapkan makan di sebuah pondok umumnya belum pernah mendapatkan pelatihan atau pengetahuan khusus sebelumnya dibidang gizi dan makanan.

Tujuan penelitian ini adalah untuk mempelajari perbedaan daya terima menu makanan secara swakelola dan out sourcing pada santri putra dan putri di Pondok Pesantren Sunan Drajat Lamongan.

Penelitian ini merupakan penelitian analitik dan menggunakan metode *cross sectional*. Populasi adalah seluruh siswa kelas VII SMP Negeri 2 Paciran yang tinggal di Pondok Pesantren Sunan Drajat Lamongan dan diambil sampel sebanyak 102 responden dengan menggunakan sistem random sampling.

Dari hasil uji statistik *Wilcoxon Mann-Whitney* diketahui bahwa terdapat perbedaan daya terima makanan pokok santri putra dan putri ($p=0,026 < \alpha=0,1$), terdapat perbedaan daya terima lauk nabati santri putra dan putri ($p=0,001 < \alpha=0,1$), terdapat perbedaan daya terima sayur santri putra dan putri ($p=0,000 < \alpha=0,1$), dan terdapat perbedaan daya terima santri putra dan putri ($p=0,000 < \alpha=0,1$), serta tidak terdapat perbedaan daya terima lauk hewani santri putra dan putri ($p=0,978 < \alpha=0,1$).

Adanya perbedaan daya terima santri putra dan putri (makanan pokok, lauk nabati, dan sayur) sebaiknya dilakukan evaluasi dari masing-masing sistem penyelenggaraan makanan.

Kata Kunci: *Sistem Penyelenggaraan Makanan, Daya Terima, Santri*

**STUDIES OF ACCEPTABILITY FOOD MENU ON FOOD SERVICE
IN SUNAN DRAJAT ISLAMIC BOARDING SCHOOL LAMONGAN
YEAR 2015**

(The quantitative study in Sunan Drajat Islamic Boarding School Lamongan)

(Lathifah Ilmawati)

ABSTRACT

Adolescence (10th - 18th years old) is nutritional vulnerable periode because adolescence need more nutrient for their growth. Usually food service in islamic boarding school is less varied. Usually human resource of cooking and preparing food in a islamic boarding school never get training or specialized knowledge about nutrien and food.

This research purpose to learn difference of acceptability food menu between self-management and out sourcing at male and female pupils in Sunan Drajat Islamic Boarding School Lamongan.

This research is analitical research and cross sectional method. Population is all of students in 7th grade SMPN 2 Paciran who stay in Sunan Drajat Islamic Boarding School Lamongan. Then sample was taken about 102 respondents which used random sampling system.

Result of Wilcoxon Mann-Whitney test is have difference of acceptability staple food between male and female pupils ($p=0,026 < \alpha=0,1$), difference of acceptability vegetable dish between male and female pupils ($p=0,001 < \alpha=0,1$), difference of acceptability vegetable between male and female pupils ($p=0,000 < \alpha=0,1$), and difference of acceptability between male and female pupils ($p=0,000 < \alpha=0,1$), but have not difference of acceptability animal dish between male and female pupils ($p=0,978 < \alpha=0,1$).

Because of difference of acceptable between male and female (staple food, vegetable dish, and vegetable), so should do evaluation each food service system.

Key words : *Food Service, Acceptability, Pupils*