ABSTRAK

Salah satu bagian dari penyebab status gizi wanita usia subur yaitu pengetahuan. Berdasarkan Riskesdas 2018 KEK pada wanita usia subur tidak hamil sebesar 14,5% dan Pada tahun 2017 di Kota Surabaya angka kematian ibu tersebut mencapai 79,40 per 100.000 kelahiran hidup atau 34 jiwa kematian ibu. Tujuan penelitian adalah menganalisis hubungan antara pengetahuan gizi dengan status gizi mahasiswi di Jurusan Kesehatan Lingkungan Poltekkes Kemenkes Surabaya.

Jenis penelitian ini ialah analitik dengan menggunakan desain *cross sectional*. Populasi penelitian ini adalah 122 wanita usia subur. Sampel penelitian terdiri dari 93 mahasiswi yang dipilih dengan metode *purposive sampling*. Variabel independen yaitu pengetahuan gizi. Variabel dependen yaitu status gizi wanita usia subur. Lokasi dan waktu penelitian adalah Poltekkes, Program Penelitian Kesehatan Lingkungan DIII Surabaya dan DIV Penyehatan Lingkungan Surabaya pada bulan Januari. Instrumen penelitian berupa kuisioner penelitian serta pengukuran tinggi dan berat badan. Data diolah menggunakan SPSS dan tingkat signifikansi dianalisis menggunakan uji *chi-square* (p value $\leq \alpha$ 0,05).

Hasil penelitian didapatkan pengetahuan gizi terdapat 69,9% dengan pengetahuan gizi baik. Status gizi terdapat 66,7% dengan status gizi ideal. Pengetahuan gizi dengan status gizi mahasiswi diperoleh nilai p 0,000 yang artinya terdapat hubungan antara pengetahuan gizi dengan status gizi mahasiswi jurusan kesehatan lingkungan poltekkes kemenkes Surabaya. Nilai koefisien korelasi 0,375 artinya hubungan dengan kekuatan lemah.

Berdasarkan uraian diatas dapat disimpulkan sebagaian besar mahasiswi memiliki pengetahuan gizi baik dan mempunyai status gizi ideal. Tenaga kesehatan dapat memberitahukan hasil pengetahuan gizi pada mahasiswi agar dapat menghindari status gizi yang tidak ideal.

Kata Kunci: Pengetahuan Gizi, Status Gizi

ABSTRACT

One of the causes of the nutritional status of women of childbearing age is knowledge. Based on the 2018 Riskesdas, SEZ in women of childbearing age was 14.5% and in 2017 in Surabaya the maternal mortality rate reached 79.40 per 100,000 live births or 34 maternal deaths. The purpose of the study was to analyze the relationship between nutritional knowledge and nutritional status of female students at the Department of Environmental Health Poltekkes, Ministry of Health, Surabaya.

This type of research is analytic using a cross sectional design. The population of this study was 122 women of childbearing age. The research sample consisted of 93 female students who were selected by purposive sampling method. The independent variable is nutritional knowledge. The dependent variable is the nutritional status of women of childbearing age. The location and time of the research are Poltekkes, Environmental Health Research Program DIII Surabaya and DIV Environmental Health Surabaya in January. The research instrument was a research questionnaire and measurements of height and weight. The data were processed using SPSS and the significance level was analyzed using the chi-square test (p value 0,05).

The results showed that there were 69.9% nutritional knowledge with good nutrition knowledge. There are 66.7% nutritional status with ideal nutritional status. Knowledge of nutrition with nutritional status of female students obtained p value of 0.000 which means that there is a relationship between knowledge of nutrition and nutritional status of female students majoring in environmental health Poltekkes Ministry of Health Surabaya. The correlation coefficient value of 0.375 means that the relationship with the strength is weak.

Based on the description above, it can be concluded that most of the female students have good nutritional knowledge and have ideal nutritional status. Health workers can inform the results of nutritional knowledge to female students in order to avoid nutritional status that is not ideal.

Keywords: Nutrition Knowledge, Nutritional Status