

## ABSTRACT

College students faced nutritional problem such as overnutrition or undernutrition. Nutritional status on college students influenced by energy consumption and physical activity. Food consumption determined by food choice based on food preference. The aim of this research was to investigate the difference of food preference, energy consumption, and physical activity amongst students of Faculty of Public Health Universitas Airlangga.

This was an observational analytic research used cross sectional design. The sample was 65 students. Data was collected using height and weight antropometric measurement to determine nutritional status, 3x 24h food recall, and food preference questionnaire and International Physical Activity Questionnaire filling. Food preference questionnaire rated with likert scale. Statistical test for food preference used chi square test, energy and carbohydrate consumption used one way anova, meanwhile protein and fat consumption and physical activity used kruskall wallis test.

The result indicated prevalence of underweight, normal, and overweight students were 18.5%, 44.6%, and 36.9% consecutively. Underweight and normal students preferred fruits, less energy and carbohydrate consumption, enough protein and fat consumption, and moderate physical activity. Overweight students preferred fruits and snacks, enough energy, carbohydrate, protein, and fat consumption, and moderate physical activity. The significant difference of energy consumption and physical activity were not found. There was difference of food preference ( $p=0.000$ ), energy ( $p=0.013$ ) and carbohydrate consumption ( $p=0.031$ ) based on nutritional status amongst students.

Overweight students tend to have more preference to snacks and more energy and carbohydrate consumption compared to other nutritional status students. Overweight students high preference for snacks must be limited to avoid overconsumption.

Keywords : Food Preference, Energy Consumption, Physical Activity, Nutritional Status, College Students.

## ABSTRAK

Masalah gizi mahasiswa dapat berupa status gizi lebih maupun kurang. Status gizi mahasiswa utamanya dipengaruhi oleh konsumsi energi dan aktivitas fisik. Konsumsi seseorang ditentukan oleh pemilihan makanan berdasarkan *food preference*. Penelitian ini bertujuan untuk menganalisis perbedaan *food preference*, konsumsi energi, dan aktivitas fisik berdasarkan status mahasiswa Fakultas Kesehatan Masyarakat Universitas Airlangga.

Penelitian ini termasuk kategori observasional analitik dengan desain *cross sectional*. Sampel berjumlah 65 orang mahasiswa. Data dikumpulkan menggunakan pengukuran antropometri tinggi badan dan berat badan untuk menentukan status gizi, wawancara *3x 24h food recall*, serta pengisian *food preference questionnaire* dan *International Physical Activity Questionnaire*. *Food preference questionnaire* dinilai menggunakan skala likert. Uji statistik untuk *food preference* menggunakan uji *chi square*, konsumsi energi dan karbohidrat menggunakan uji *anova one way*, sedangkan konsumsi protein, lemak, dan aktivitas fisik menggunakan uji *kruskal wallis*.

Hasil menunjukkan prevalensi mahasiswa kurus, normal, dan gemuk masing-masing 18,5%, 44,6%, dan 36,9%. Mahasiswa dengan status gizi kurus dan normal cenderung menyukai buah, kurang konsumsi energi dan karbohidrat, cukup konsumsi protein dan lemak, serta aktivitas fisik sedang. Mahasiswa dengan status gizi gemuk cenderung menyukai jajanan dan buah, cukup konsumsi energi, karbohidrat, protein, dan lemak, serta aktivitas fisik berat. Tidak ditemukan perbedaan konsumsi protein, lemak dan aktivitas fisik secara signifikan. Terdapat perbedaan kesukaan makanan ( $p=0,000$ ), konsumsi energi ( $p=0,013$ ), dan karbohidrat ( $p=0,031$ ) berdasarkan status gizi mahasiswa.

Mahasiswa gemuk cenderung memiliki kesukaan yang lebih besar terhadap jajanan, konsumsi energi dan karbohidrat yang lebih besar dibandingkan mahasiswa dengan status gizi lain. Kesukaan mahasiswa berstatus gizi gemuk terhadap jajanan perlu diwaspadai sehingga tidak menimbulkan konsumsi yang berlebihan.

Kata Kunci : *Food Preference*, Konsumsi Energi, Aktivitas Fisik, Status Gizi, Mahasiswa