



PERBEDAAN ASUPAN MAKRONUTRIEN MAHASISWA ASING SEBELUM DAN SAAT TINGGAL DI SURABAYA, INDONESIA

Macronutrient Intake Differences of international students before and when living in Surabaya, Indonesia

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ABSTRACT

Population transfers between countries occur a lot, especially because of education. There are many international students in various parts of the world, including in Surabaya, Indonesia. Environmental differences cause changes in the eating habits that affect the amount of macronutrients intake among international students. The aims of this research was to analyze the differences of macronutrients intake among international students before and while live in Surabaya. This study was a cross-sectional design with 30 samples. Data were collected by in-depth interviews, the Dietary History instruments and Semi Quantitative Food Frequency Questionnaire through interview. Data were analyzed by t-test through the SPSS application. The results showed that there were differences in macronutrient intake of international students before and during their stay in Surabaya ($p < 0,005$). There was a decrease in the average intake of energy, proteins, fat, and carbohydrates. It was due to inadequate access to food, often skipping meals, and can not accept the taste of Indonesian cuisine. Frequency and number of food portions of international students need to be increased. In addition, assistance from the universities are needed to increase access to food for international students.

Keywords: intake, macronutrient, foreign students

ABSTRAK

Perpindahan penduduk antar negara banyak terjadi, khususnya karena pendidikan. Terdapat banyak pelajar internasional di berbagai belahan dunia, termasuk di Surabaya, Indonesia. Perbedaan lingkungan menyebabkan perubahan kebiasaan makan mahasiswa asing yang mempengaruhi jumlah asupan makronutrientnya. Tujuan dari penelitian ini adalah menganalisis perbedaan asupan makronutrien pada mahasiswa asing sebelum dan saat tinggal di Surabaya. Penelitian ini adalah penelitian *cross-sectional* dengan 30 sampel. Data dikumpulkan dengan wawancara mendalam, instrument *Dietary History* dan *Semi Quantitative Food Frequency Questionnaire* melalui wawancara. Analisis data menggunakan uji t melalui aplikasi SPSS. Hasil penelitian menunjukkan ada perbedaan asupan makronutrien mahasiswa asing pada sebelum dan saat tinggal di Surabaya ($p < 0,005$). Terjadi penurunan rata-rata asupan energi, protein, lemak, dan karbohidrat. Hal tersebut disebabkan oleh akses makanan yang tidak memadai, seringnya melewatkan waktu makan, dan mahasiswa asing belum sepenuhnya dapat menerima rasa masakan Indonesia. Frekuensi dan jumlah porsi makanan mahasiswa asing perlu ditingkatkan. Selain itu, perlu bantuan dari pihak universitas masing-masing untuk meningkatkan akses makanan mahasiswa asing.

Kata kunci: asupan, makronutrien, mahasiswa asing