

ABSTRAK

Masyarakat yang hidup di era semakin maju ini cenderung menginginkan makanan dan minuman secara praktis, mudah didapat, dan cepat penyajiannya. Masyarakat cenderung memilih mengonsumsi makanan cepat saji atau *fastfood* yang memiliki kandungan gizi yang tidak seimbang yaitu mengandung gula, garam, dan lemak yang tinggi serta rendah serat. Penelitian ini bertujuan untuk menganalisis hubungan konsumsi pangan sumber gula, garam, dan lemak melalui pemesanan pangan daring dan aktivitas fisik terhadap status gizi mahasiswa. Desain penelitian yang digunakan adalah *cross-sectional*. Populasi penelitian adalah Mahasiswa S1 Universitas Sahid yang memenuhi kriteria inklusi, dan sampel pada penelitian ini sebanyak 108 responden menggunakan teknik *purposive sampling*. Hasil uji korelasi *spearman* menunjukkan bahwa terdapat hubungan signifikan antara aktivitas fisik dengan status gizi mahasiswa ($p=0.049; r=0,190$). Tidak terdapat hubungan antara frekuensi pemesanan pangan daring dengan status gizi ($p=0.114$), frekuensi konsumsi pangan sumber gula secara *offline* dengan status gizi ($p=0.620$), frekuensi konsumsi pangan sumber gula secara *online* dengan status gizi ($p=0.377$), frekuensi konsumsi pangan sumber garam secara *offline* dengan status gizi ($p=0.877$), frekuensi konsumsi pangan sumber garam secara *online* dengan status gizi ($p=0.236$), frekuensi konsumsi pangan sumber lemak secara *offline* dengan status gizi ($p=0.262$), dan frekuensi konsumsi pangan sumber lemak secara *online* dengan status gizi ($p=0.095$). Kesimpulan penelitian ini terdapat hubungan antara aktivitas fisik dengan status gizi mahasiswa, dan tidak terdapat hubungan antara frekuensi pemesanan pangan daring, frekuensi konsumsi pangan sumber gula, garam, dan lemak dengan status gizi.

Kata kunci: Garam, Gula, Lemak, Pemesanan Pangan Daring, Status Gizi

ABSTRACT :

People who live in this increasingly advanced era tend to want food and drinks that are practical, easy to obtain, and served quickly. People tend to choose to consume fast food or fast food which has an unbalanced nutritional content, namely containing high levels of sugar, salt and fat and low fiber. This study aims to analyze the relationship between consumption of food sources of sugar, salt and fat through online food ordering and physical activity on the nutritional status of students. The research design used was cross-sectional. The research population was Sahid University undergraduate students who met the inclusion criteria, and the sample in this study was 108 respondents using a purposive sampling technique. The results of the Spearman correlation test show that there is a significant relationship between physical activity and the nutritional status of students ($p=0.049$; $r=0.190$). There is no relationship between the frequency of ordering food online and nutritional status ($p=0.114$), the frequency of consuming food from sugar sources offline and nutritional status ($p=0.620$), the frequency of consuming food sources of sugar online and nutritional status ($p=0.377$), the frequency consumption of food sources of salt offline with nutritional status ($p=0.877$), frequency of consumption of food sources of salt online with nutritional status ($p=0.236$), frequency of consumption of food sources of fat offline with nutritional status ($p=0.262$), and frequency of consumption food sources of fat online with nutritional status ($p=0.095$). The conclusion of this research is that there is a relationship between physical activity and the nutritional status of students, and there is no relationship between the frequency of ordering food online, the frequency of consuming food sources of sugar, salt and fat and nutritional status.

Keywords: Fat, Nutritional Status, Online Food Ordering, Salt, Sugar,