



ABSTRAK

UNIVERSITAS ESA UNGGUL
PROGRAM STUDI ILMU GIZI
SKRIPSI, FEBRUARI 2017

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PERBEDAAN PENGETAHUAN GIZI, BODY IMAGE, KONSUMSI SUPLEMEN, ASUPAN ZAT GIZI MAKRO, DAN STATUS GIZI PADA MEMBER DAN NON MEMBER GOLD'S GYM MALL CIPUTRA TAHUN 2018

VI Bab, 70 Halaman, 10 Tabel, 4 Lampiran

Latar Belakang: Saat ini kesehatan sudah menjadi sebuah gaya hidup modern bagi hampir sebagian besar masyarakat Indonesia. Berbagai aktivitas yang menunjang kesehatan tubuh pun dilakukan, mulai dari olahraga ringan di pagi hari hingga olahraga yang sering disebut *fitness*. Kebutuhan dan kesadaran akan pentingnya kesehatan tersebut mendorong munculnya berbagai macam tempat berolahraga hadir memberi pelayanan dan *treatment* bagi masyarakat.

Tujuan: Mengetahui perbedaan pengetahuan gizi, *body image*, konsumsi suplemen, asupan zat gizi makro dan status gizi pada member gold's gym dan non-member gold's gym Ciputra Mall.

Metode Penelitian: Penelitian ini menggunakan desain *cross sectional* dengan metode *non probability sampling* menggunakan teknik *accidental sampling*. Pengujian statistik menggunakan uji *t-test independent*.

Hasil Penelitian: Ada perbedaan pengetahuan gizi, konsumsi suplemen, asupan energi, asupan protein, asupan lemak, asupan karbohidrat pada member dan non member Golds Gym Mall Ciputra ($p < 0,05$) dan tidak ada perbedaan *body image* dan status gizi pada member dan non member Golds Gym Mall Ciputra ($p > 0,05$).

Kesimpulan: Faktor-faktor yang mempengaruhi status gizi seseorang bisa dari pengetahuan gizi, *body image*, asupan dan konsumsi suplemen.

Saran: Member dan non member sebaiknya sama-sama mendapatkan pengetahuan tentang gizi dari ahli gizi agar tujuan yang diinginkan dapat tercapai.

Kata kunci: Pengetahuan Gizi, Body Image, Konsumsi Suplemen, Asupan Zat Gizi Makro, Status Gizi

Daftar bacaan: 41 (2000 – 2017)



ABSTRACT

**ESA UNGGUL UNIVERSITY
FACULTY OF HEALTH SCIENCE
NUTRITION STUDY PROGRAM
THESIS, FEBRUARY 2018**

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DIFFERENCES OF NUTRITION KNOWLEDGE, BODY IMAGE, SUPPLEMENT CONSUMPTION, MAKRO NUTRITION, AND NUTRITION STATUS ON MEMBERS AND NON MEMBERS GOLD'S GYM MALL CIPUTRA, 2018

VI Chapter, 70 Pages, 10 Tables, 4 Appendix

Background: Currently health has become a modern lifestyle for most of the people of Indonesia. Various activities that support the health of the body was done, ranging from mild exercise in the morning to a sport that is often called fitness. The need and awareness of the importance of health encourages the emergence of various places of sports present to provide services and treatment for the community.

Objective: Knowing the differences of nutritional knowledge, body image, supplement consumption, macro nutrient intake and nutritional status in gold member gym and non-member gold's gym Ciputra Mall.

Methods: This research use cross sectional design with non probability sampling method using accidental sampling technique. Statistical test using independent t-test.

Results: There are differences of nutritional knowledge, consumption of supplements, energy intake, protein intake, fat intake, carbohydrate intake on member and non member Golds Gym Mall Ciputra ($p < 0,05$) and there is no difference body image and nutritional status in member and non member Golds Gym Mall Ciputra ($p > 0,05$).

Conclusion: Factors that affect a person's nutritional status can be from nutritional knowledge, body image, intake and consumption of supplements.

Suggestion: Member and non member should get together knowledge about nutrition from nutritionist so that desired goal can be achieved.

Keywords: Nutrition Knowledge, Body Image, Supplement Consumption, Macro Nutrition Intake, Nutrition Status

Bibliography: 41 (2000 – 2017)