



**ESA UNGGUL UNIVERSITY
FACULTY OF HEALTH SCIENCE
NUTRITIONAL STUDY PROGRAM
UNDERGRADUATE THESIS, AUGUST 2021**

ABSTRACT

RELATIONSHIP OF MACRO NUTRIENTS WASTED FROM FOOD WASTE, LEVELS OF NUTRIENT ADEQUACY ON INDIVIDUAL NUTRITIONAL STATUS IN HOUSEHOLDS IN KEBON JERUK DISTRICT DURING THE COVID-19 PANDEMIC

Background: The condition of the COVID-19 pandemic has affected the increase in food needs because people are advised to stay at home. In addition, most of the community must experience Termination of Employment (PHK). Food waste at the household level at the consumption stage. Every household member at least one member has the habit of leaving food behind. Problems related to consumption patterns are less or more intake of nutrients, especially energy intake in a day. This is due to eating patterns that are not in accordance with the needs so that energy intake tends not to match the needs.

Objective : To analyze the relationship between macronutrients wasted from food waste, nutrient levels and nutritional status in households in Kebon Jeruk District, West Jakarta.

Research Methods: An analytical observational study with a cross sectional design with a sample of 31 households. The analysis technique used the chi-square test. Data were collected by using a food record estimation form questionnaire 3x24 hours and a nutritional status measurement sheet.

Research Results: There is a relationship between macronutrients from food waste with nutritional status of children under five and nutritional status of adults ($p < 0.05$). There is a relationship between the level of evaluation of macronutrients on the nutritional status of children under five ($p < 0.05$). There is no relationship between the level of macronutrients with adult nutritional status ($p > 0.05$).

Conclusion: Most of the respondents' macronutrient levels were in deficit because they did a lot of food waste in the households of Kebon Jeruk District. Therefore, it is expected that mothers cook a more varied menu for the family and the importance of considering the portion before eating.

Keywords: food waste, nutrient adequacy level, nutritional status



UNIVERSITAS ESA UNGGUL
FAKULTAS ILMU-ILMU KESEHATAN
PROGRAM STUDI GIZI
SKRIPSI, AGUSTUS 2021

ABSTRAK

Hubungan Zat Gizi Makro Yang Terbuang dari *Food Waste*, Tingkat Kecukupan Zat Gizi Terhadap Status Gizi Individu Pada Rumah Tangga di Kecamatan Kebon Jeruk Selama Masa Pandemi Covid-19

Latar Belakang : Kondisi pandemi COVID-19 ini mempengaruhi peningkatan kebutuhan pangan akibat masyarakat dianjurkan dirumah saja. Selain itu, sebagian besar masyarakat harus mengalami Pemutusan Hubungan Kerja (PHK). *Food waste* pada tingkat rumah tangga pada tahap konsumsi. Setiap anggota rumah tangga minimal terdapat salah satu anggotanya memiliki kebiasaan menyingkakan makanan. Masalah yang terkait dengan pola konsumsi adalah kurang maupun lebihnya asupan zat gizi terutama asupan energi dalam sehari. Hal ini disebabkan karena pola makan yang tidak sesuai dengan kebutuhan sehingga asupan energi cenderung tidak sesuai dengan kebutuhan.

Tujuan : Untuk menganalisis hubungan antara zat gizi makro yang terbuang dari *food waste*, tingkat kecukupan zat gizi dengan status gizi di rumah tangga Kecamatan Kebon Jeruk, Jakarta Barat.

Metode Penelitian : Penelitian analitik observasional dengan desain *cross sectional* dengan sampel sebanyak 31 rumah tangga. Teknik analisis menggunakan uji *chi-square*. Pengambilan data dilakukan dengan menggunakan kuesioner *form estimated food record* 3x24 jam dan lembar pengukuran status gizi.

Hasil Penelitian : Ada hubungan antara zat gizi makro dari *food waste* dengan status gizi balita maupun status gizi dewasa ($p < 0,05$). Ada hubungan antara tingkat kecukupan zat gizi makro terhadap status gizi balita ($p < 0,05$). Tidak ada hubungan antara tingkat kecukupan zat gizi makro terhadap status gizi dewasa ($p > 0,05$).

Kesimpulan : Sebagian besar tingkat kecukupan zat gizi makro responden defisit karena banyak melakukan *food waste* di rumah tangga Kecamatan Kebon Jeruk. Oleh karena itu, diharapkan ibu memasak menu lebih bervariasi menu untuk keluarga dan pentingnya mempertimbangkan porsi sebelum makan.

Kata Kunci: food waste, tingkat kecukupan zat gizi, status gizi