**LAMPIRAN**

LEMBAR PENJELASAN RESPONDEN

Penelitian ini adalah penelitian kuantitatif observasional yaitu menganalisis zat gizi dari *food waste* dan kualitas diet serta hubungannya pada karyawan PT. Camiloplas Jaya Makmur selama masa pandemi COVID-19 terhadap status gizi dan komposisi tubuh. Desain yang digunakan pada penelitian ini adalah *cross sectional* karena penelitian ini diobservasi dan diukur dalam waktu yang bersamaan pada saat penelitian berlangsung.

Penelitian ini akan dilakukan di PT. Camiloplas Jaya Makmur, Tangerang. Data yang diambil diperoleh melalui formulir asupan makanan dan kuesioner karakteristik responden. Manfaat dari penelitian ini dapat memberikan informasi terkait nilai zat gizi yang terbuang dari sisa makanan dan kualitas diet dari pola konsumsi terhadap status gizi dan komposisi tubuh (persen lemak dan massa otot) sehingga penelitian ini dapat dijadikan sebagai literatur untuk menambah wawasan terkait sisa makanan dan kualitas diet pada pola konsumsi.

Partisipasi bapak/ibu bersifat sukarela tanpa paksaan dan bila tidak berkenan dapat menolak atau sewaktu-waktu dapat mengundurkan diri tanpa sanksi apapun. Semua informasi dan hasil pemeriksaan yang berkaitan dengan privasi akan dijaga kerahasiaannya. Semua data tidak akan dihubungkan dengan identitas.

**LEMBAR PERSETUJUAN SEBAGAI RESPONDEN**

Saya adalah mahasiswa Program Studi Ilmu Gizi Universitas Esa Unggul yang saat ini sedang melakukan penelitian tentang ***"Analisis Zat Gizi Dari Food Waste Dan Kualitas Diet Serta Hubungannya Terhadap Status Gizi Dan Komposisi Tubuh***

***Pada Karyawan PT. Camiloplas Jaya Makmur Selama Masa Pandemi COVID-19"***. Oleh karena itu, saya memohon kesediaan waktu bapak/ibu untuk mengisi kuesioner yang telah saya sediakan. Saya akan merahasiakan seluruh informasi yang bapak/ibu berikan. Perlu saya informasikan bahwa keikutsertaan bapak/ibu dalam pengisian kuisioner ini bersifat sukarela.

**Informed consent :**

Saya yang bertanda tangan dibawah ini:

Nama : ……

Usia : ……

Alamat : ……

Saya telah membaca dan memahami penjelasan dari peneliti mengenai penelitian yang berjudul ***"Analisis Zat Gizi Dari Food Waste Dan Kualitas Diet Serta Hubungannya Terhadap Status Gizi Dan Komposisi Tubuh Pada Karyawan PT. Camiloplas Jaya Makmur Selama Masa Pandemi COVID-19"***

Saya yakin bahwa peneliti akan menjaga kerahasiaan identitas dan jawaban saya sebagai responden. Oleh karena itu, saya menyatakan secara sukarela berpartisipasi dalam penelitian ini dan akan memberikan informasi yang sejujur-jujurnya

Tangerang, ..... 2021

Tanda Tangan Responden  Tanda Tangan Enumerator

(Nama : .....)  (Nama : .....)

**KUESIONER PENELITIAN**

**ANALISIS ZAT GIZI DARI *FOOD WASTE* DAN KUALITAS DIET SERTA HUBUNGANNYA TERHADAP STATUS GIZI DAN KOMPOSISI TUBUH PADA KARYAWAN PT. CAMILOPLAS JAYA MAKMUR SELAMA MASA PANDEMI COVID-19**

**Program Studi S1 Ilmu Gizi Reguler Fakultas Ilmu – Ilmu Kesehatan**
**Universitas Esa Unggul (UEU)**
**Jl. Arjuna Utara No.9 Kebon Jeruk, Jakarta Barat 11510**

**Kuesioner Karakteristik**

Kuesioner ini bertujuan untuk mengetahui karakteristik responden meliputi nama, usia, jenis kelamin, nomor *handphone* dan data antropometri yang meliputi berat badan, tinggi badan, persen lemak, dan massa otot tubuh. Saya mohon kesediaan responden untuk dapat menjawab pertanyaan dengan benar.

**Hari/Tanggal :** **Waktu Pengambilan Data :**

| **No.** | **Karakteristik Responden** | |
|---|---|---|
| **1.** | Nama | |
| **2.** | Usia | |
| **3.** | Jenis Kelamin | |
| **4.** | Nomor Handphone | |
| **5.** | Berat Badan | |
| **6.** | Tinggi Badan | |
| **7.** | Persen Lemak Tubuh | |
| **8.** | Massa Otot | |

Hari, Tanggal :

Nama Responden :

Usia :

Jenis Kelamin :

Menu hari ke :

**Keterangan Pengisian :**

URT : Ukuran Rumah Tangga, misalnya 1 piring, 1 sendok makan, 1 sendok teh, 1 gelas, 1 cangkir, 1 centong dll

gr : Tidak perlu di isi oleh responden

Responden mengirimkan foto makanan dan sisa makanan kepada peneliti

## *ESTIMATED FOOD RECORD* 3X24 JAM

| Waktu Makan | Nama Hidangan | Bahan Makanan | Cara Pengolahan | URT | Berat Makanan (gr) | URT Sisa Makanan | Sisa Makanan (gr) | Jumlah Makanan yang dikonsumsi (gr) |
|---|---|---|---|---|---|---|---|---|
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**Gambar Pengukuran Status Gizi dan Komposisi Tubuh**











**Gambar Sisa Makanan Responden**


Ini foto sisa makanan saya mas
Nasi, sambel, sayur sawi hijau, ikan
Terima kasih ibu atas foto sisa makanannya
Ketik pesan


Sore mas, ini fto makanan sy
nasi, sawi pahit, sambal
Sore ibu, terima kasih foto sisa makanannya
Ketik pesan


Siang mas, ini fto mknan sy..
Nasi, daun singkong, sambal, tempe
Selamat siang ibu, terima kasih atas foto sisa makanannya
Ketik pesan


Sore mas, fto sisa mknan sy ya
Ketik pesan


Siang mas, ini fto sisa mknan sy
Sawi putih
Ketik pesan


Siang mas,, ini fto makanan sy ya
Nasi, bumbu rendang
Terima kasih pak atas sisa makanannya
Ketik pesan

| | |
|---|---|
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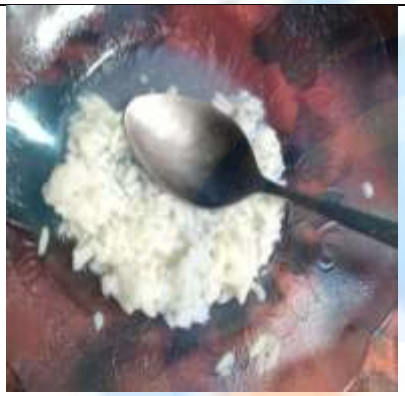
|  |  |
|  |  |






DEWAN PENEGAKAN KODE ETIK UNIVERSITAS ESA UNGGUL KOMISI ETIK PENELITIAN
Jl. Arjuna Utara No.9 Kebon Jeruk Jakarta Barat 11510
Telp. 021-5674223 email: dpke@esaunggul.ac.id

Nomor : 0091-21.091 /DPKE-KEP/FINAL-EA/UEU/III/2021

**KETERANGAN LOLOS KAJI ETIK**
**ETHICAL APPROVAL**

Komisi Etik Penelitian Universitas Esa Unggul dalam upaya melindungi hak asasi dan kesejahteraan subyek penelitian kesehatan, telah mengkaji dengan teliti protokol berjudul:

**ANALISIS ZAT GIZI DARI FOOD WASTE DAN KUALITAS DIET SERTA HUBUNGANNYA TERHADAP STATUS GIZI DAN KOMPOSISI TUBUH PADA KARYAWAN PT. CAMILOPLAS JAYA MAKMUR SELAMA MASA PANDEMI COVID-19**

Peneliti Utama : Stefanus Nicolaus Hendra
Pembimbing : Mertien Sa'Pang, S.Gz., M.Si
Nama Institusi : Universitas Esa Unggul

dan telah menyetujui protokol tersebut di atas.

Jakarta, 20 Maret 2021
Plt. Ketua

Dr. Aprilita Rina Yanti Eff, M.Biomed., Apt

* *Ethical approval* berlaku satu tahun dari tanggal persetujuan.
** Peneliti berkewajiban
1. Menjaga kerahasiaan identitas subyek penelitian
2. Memberitahukan status penelitian apabila:
   a. Setelah masa berlakunya keterangan lolos kaji etik, penelitian masih belum selesai, dalam hal ini *ethical approval* harus diperpanjang
   b. Penelitian berhenti di tengah jalan
3. Melaporkan kejadian serius yang tidak diinginkan (*serious adverse events*).
4. Peneliti tidak boleh melakukan tindakan apapun pada subyek sebelum penelitian lolos kaji etik dan *informed consent*.

**Surat Kode Etik Penelitian**

**Tabel Penilaian Kualitas Diet DQI-I Responden**

| Komponen | Mean | Standar Deviasi (SD) | Skor | Minimum | Maximum |
|---|---|---|---|---|---|
| **Total Variasi** | 14.60 | 1.823 | 0-20 | 11 | 18 |
| **Variasi seluruh kelompok makanan** | 10.05 | 1.867 | 0-15 | 6 | 15 |
| **Variasi pada kelompok sumber protein** | 4.55 | .846 | 0-5 | 3 | 5 |
| **Total Kecukupan** | 25.75 | 2.780 | 0-40 | 21 | 32 |
| **Kelompok sayuran** | 3.45 | 1.584 | 0-5 | 0 | 5 |
| **Kelompok buah-buahan** | 2.90 | 1.482 | 0-5 | 0 | 5 |
| **Kelompok serealia** | 4.00 | 1.013 | 0-5 | 3 | 5 |
| **Protein** | 5.00 | .000 | 0-5 | 5 | 5 |
| **Serat** | 3.45 | 1.319 | 0-5 | 1 | 5 |
| **Zat Besi** | 1.80 | .992 | 0-5 | 1 | 3 |
| **Kalsium** | 3.05 | 1.061 | 0-5 | 1 | 5 |
| **Vitamin C** | 2.10 | 1.008 | 0-5 | 1 | 3 |
| **Total Moderasi** | 17.63 | 3.052 | 0-30 | 12 | 24 |
| **Total Lemak** | 1.05 | 1.449 | 0-6 | 0 | 3 |
| **Lemak Jenuh** | .38 | 1.005 | 0-6 | 0 | 3 |
| **Kolesterol** | 5.85 | .662 | 0-6 | 3 | 6 |
| **Natrium** | 6.00 | .000 | 0-6 | 6 | 6 |

| | | | | | |
|---|---|---|---|---|---|
| ***Empty Calory Food*** | 4.35 | 2.248 | 0-6 | 0 | 6 |
| **Total Keseimbangan Keseluruhan (*Overall balance*)** | 2.65 | 2.327 | 0-10 | 0 | 6 |
| **Rasio zat gizi makro (Karbohidrat: Protein:Lemak)** | 2.55 | 2.309 | 0-6 | 0 | 6 |
| **Rasio Asam Lemak (PUFA : MUFA : SFA)** | .10 | .441 | 0-4 | 0 | 2 |
| **Skor Total** | 60.62 | 5.678 | 0-100 | 51 | 73 |

## Hasil SPSS

### 1. Analisis Univariat

### Karakteristik Responden

**Jenis Kelamin**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | Laki-laki | 19 | 47.5 | 47.5 | 47.5 |
| | Perempuan | 21 | 52.5 | 52.5 | 100.0 |
| | Total | 40 | 100.0 | 100.0 | |

**Kelompok Usia**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | 17-25 (Remaja Akhir) | 14 | 35.0 | 35.0 | 35.0 |
| | 26-35 (Dewasa Awal) | 26 | 65.0 | 65.0 | 100.0 |
| | Total | 40 | 100.0 | 100.0 | |

**Kelompok Status Gizi**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | >=23.0 (Gizi Lebih) | 22 | 55.0 | 55.0 | 55.0 |
| | 18.5-22.9 (Normal) | 18 | 45.0 | 45.0 | 100.0 |
| | Total | 40 | 100.0 | 100.0 | |

**Kelompok Persen Lemak Tubuh**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | Tinggi | 19 | 47.5 | 47.5 | 47.5 |
| | Normal | 21 | 52.5 | 52.5 | 100.0 |
| | Total | 40 | 100.0 | 100.0 | |

**Kelompok Persen Massa Otot Tubuh**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | Rendah | 18 | 45.0 | 45.0 | 45.0 |
| | Normal | 22 | 55.0 | 55.0 | 100.0 |
| | Total | 40 | 100.0 | 100.0 | |

**Food Waste Energi**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | >48.91(Banyak) | 22 | 55.0 | 55.0 | 55.0 |
| | <=48.91(Sedikit) | 18 | 45.0 | 45.0 | 100.0 |
| | Total | 40 | 100.0 | 100.0 | |

**Food Waste Protein**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | >2.52 (Banyak) | 26 | 65.0 | 65.0 | 65.0 |
| | <=2.52 (Sedikit) | 14 | 35.0 | 35.0 | 100.0 |
| | Total | 40 | 100.0 | 100.0 | |

**Food Waste Lemak**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | >1.74 (Banyak) | 21 | 52.5 | 52.5 | 52.5 |
| | <=1.74 (Sedikit) | 19 | 47.5 | 47.5 | 100.0 |
| | Total | 40 | 100.0 | 100.0 | |

**Food Waste Karbohidrat**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | >16.68 (Banyak) | 20 | 50.0 | 50.0 | 50.0 |
| | <=16.68 (Sedikit) | 20 | 50.0 | 50.0 | 100.0 |
| | Total | 40 | 100.0 | 100.0 | |

**Kualitas Diet**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | <=60 (Rendah) | 21 | 52.5 | 52.5 | 52.5 |
| | >60 (Tinggi) | 19 | 47.5 | 47.5 | 100.0 |
| | Total | 40 | 100.0 | 100.0 | |

## 2. Analisis Bivariat

**Food Waste Energi * Kelompok Status Gizi Crosstabulation**

| | | | Kelompok Status Gizi | | |
|---|---|---|---|---|---|
| | | | >=23.0 (Gizi Lebih) | 18.5-22.9 (Normal) | Total |
| Food Waste Energi | >48.91(Banyak) | Count | 16 | 6 | 22 |
| | | % within Food Waste Energi | 72.7% | 27.3% | 100.0% |
| | <=48.91(Sedikit) | Count | 6 | 12 | 18 |
| | | % within Food Waste Energi | 33.3% | 66.7% | 100.0% |
| Total | | Count | 22 | 18 | 40 |
| | | % within Food Waste Energi | 55.0% | 45.0% | 100.0% |

**Chi-Square Tests**

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|---|---|---|---|---|---|
| Pearson Chi-Square | 6.208[a] | 1 | .013 | | |
| Continuity Correction[b] | 4.718 | 1 | .030 | | |
| Likelihood Ratio | 6.355 | 1 | .012 | | |
| Fisher's Exact Test | | | | .024 | .014 |
| Linear-by-Linear Association | 6.052 | 1 | .014 | | |
| N of Valid Cases[b] | 40 | | | | |

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 8.10.

b. Computed only for a 2x2 table

**Food Waste Energi * Kelompok Persen Lemak Tubuh Crosstabulation**

| | | | Kelompok Persen Lemak Tubuh | | |
|---|---|---|---|---|---|
| | | | Tinggi | Normal | Total |
| Food Waste Energi | >48.91(Banyak) | Count | 13 | 9 | 22 |
| | | % within Food Waste Energi | 59.1% | 40.9% | 100.0% |
| | <=48.91(Sedikit) | Count | 6 | 12 | 18 |
| | | % within Food Waste Energi | 33.3% | 66.7% | 100.0% |
| Total | | Count | 19 | 21 | 40 |
| | | % within Food Waste Energi | 47.5% | 52.5% | 100.0% |

**Chi-Square Tests**

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|---|---|---|---|---|---|
| Pearson Chi-Square | 2.634[a] | 1 | .105 | | |
| Continuity Correction[b] | 1.702 | 1 | .192 | | |
| Likelihood Ratio | 2.670 | 1 | .102 | | |
| Fisher's Exact Test | | | | .125 | .096 |
| Linear-by-Linear Association | 2.568 | 1 | .109 | | |
| N of Valid Cases[b] | 40 | | | | |

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 8.55.

b. Computed only for a 2x2 table

**Food Waste Energi * Kelompok Persen Massa Otot Tubuh Crosstabulation**

| | | | Kelompok Persen Massa Otot Tubuh | | |
|---|---|---|---|---|---|
| | | | Rendah | Normal | Total |
| Food Waste Energi | >48.91(Banyak) | Count | 11 | 11 | 22 |
| | | % within Food Waste Energi | 50.0% | 50.0% | 100.0% |
| | <=48.91(Sedikit) | Count | 7 | 11 | 18 |
| | | % within Food Waste Energi | 38.9% | 61.1% | 100.0% |
| Total | | Count | 18 | 22 | 40 |
| | | % within Food Waste Energi | 45.0% | 55.0% | 100.0% |

**Chi-Square Tests**

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|---|---|---|---|---|---|
| Pearson Chi-Square | .494[a] | 1 | .482 | | |
| Continuity Correction[b] | .147 | 1 | .701 | | |
| Likelihood Ratio | .496 | 1 | .481 | | |
| Fisher's Exact Test | | | | .537 | .351 |
| Linear-by-Linear Association | .481 | 1 | .488 | | |
| N of Valid Cases[b] | 40 | | | | |

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 8.10.

b. Computed only for a 2x2 table

**Food Waste Karbohidrat* Kelompok Status Gizi Crosstabulation**

| | | | Kelompok Status Gizi | | |
|---|---|---|---|---|---|
| | | | >=23.0 (Gizi Lebih) | 18.5-22.9 (Normal) | Total |
| Food Waste Karbohidrat | >16.68 (Banyak) | Count | 15 | 5 | 20 |
| | | % within Food Waste Karbohidrat | 75.0% | 25.0% | 100.0% |
| | <=16.68 (Sedikit) | Count | 7 | 13 | 20 |
| | | % within Food Waste Karbohidrat | 35.0% | 65.0% | 100.0% |
| Total | | Count | 22 | 18 | 40 |
| | | % within Food Waste Karbohidrat | 55.0% | 45.0% | 100.0% |

**Chi-Square Tests**

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|---|---|---|---|---|---|
| Pearson Chi-Square | 6.465[a] | 1 | .011 | | |
| Continuity Correction[b] | 4.949 | 1 | .026 | | |
| Likelihood Ratio | 6.660 | 1 | .010 | | |
| Fisher's Exact Test | | | | .025 | .012 |
| Linear-by-Linear Association | 6.303 | 1 | .012 | | |
| N of Valid Cases[b] | 40 | | | | |

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 9.00.

b. Computed only for a 2x2 table

**Food Waste Karbohidrat* Kelompok Persen Lemak Tubuh Crosstabulation**

| | | | Kelompok Persen Lemak Tubuh | | |
|---|---|---|---|---|---|
| | | | Tinggi | Normal | Total |
| Food Waste Karbohidrat | >16.68 (Banyak) | Count | 12 | 8 | 20 |
| | | % within Food Waste Karbohidrat | 60.0% | 40.0% | 100.0% |
| | <=16.68 (Sedikit) | Count | 7 | 13 | 20 |
| | | % within Food Waste Karbohidrat | 35.0% | 65.0% | 100.0% |
| Total | | Count | 19 | 21 | 40 |
| | | % within Food Waste Karbohidrat | 47.5% | 52.5% | 100.0% |

**Chi-Square Tests**

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|---|---|---|---|---|---|
| Pearson Chi-Square | 2.506[a] | 1 | .113 | | |
| Continuity Correction[b] | 1.604 | 1 | .205 | | |
| Likelihood Ratio | 2.533 | 1 | .111 | | |
| Fisher's Exact Test | | | | .205 | .102 |
| Linear-by-Linear Association | 2.444 | 1 | .118 | | |
| N of Valid Cases[b] | 40 | | | | |

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 9.50.

b. Computed only for a 2x2 table

**Food Waste Karbohidrat* Kelompok Persen Massa Otot Tubuh Crosstabulation**

| | | | Kelompok Persen Massa Otot Tubuh | | |
|---|---|---|---|---|---|
| | | | Rendah | Normal | Total |
| Food Waste Karbohidrat | >16.68 (Banyak) | Count | 10 | 10 | 20 |
| | | % within Food Waste Karbohidrat | 50.0% | 50.0% | 100.0% |
| | <=16.68 (Sedikit) | Count | 8 | 12 | 20 |
| | | % within Food Waste Karbohidrat | 40.0% | 60.0% | 100.0% |
| Total | | Count | 18 | 22 | 40 |
| | | % within Food Waste Karbohidrat | 45.0% | 55.0% | 100.0% |

**Chi-Square Tests**

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|---|---|---|---|---|---|
| Pearson Chi-Square | .404[a] | 1 | .525 | | |
| Continuity Correction[b] | .101 | 1 | .751 | | |
| Likelihood Ratio | .405 | 1 | .525 | | |
| Fisher's Exact Test | | | | .751 | .376 |
| Linear-by-Linear Association | .394 | 1 | .530 | | |
| N of Valid Cases[b] | 40 | | | | |

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 9.00.

b. Computed only for a 2x2 table

**Food Waste Protein * Kelompok Status Gizi Crosstabulation**

| | | | Kelompok Status Gizi | | |
|---|---|---|---|---|---|
| | | | >=23.0 (Gizi Lebih) | 18.5-22.9 (Normal) | Total |
| Food Waste Protein | >2.52 (Banyak) | Count | 14 | 12 | 26 |
| | | % within Food Waste Protein | 53.8% | 46.2% | 100.0% |
| | <=2.52 (Sedikit) | Count | 8 | 6 | 14 |
| | | % within Food Waste Protein | 57.1% | 42.9% | 100.0% |
| Total | | Count | 22 | 18 | 40 |
| | | % within Food Waste Protein | 55.0% | 45.0% | 100.0% |

**Chi-Square Tests**

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|---|---|---|---|---|---|
| Pearson Chi-Square | .040[a] | 1 | .842 | | |
| Continuity Correction[b] | .000 | 1 | 1.000 | | |
| Likelihood Ratio | .040 | 1 | .841 | | |
| Fisher's Exact Test | | | | 1.000 | .554 |
| Linear-by-Linear Association | .039 | 1 | .844 | | |
| N of Valid Cases[b] | 40 | | | | |

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 6.30.

b. Computed only for a 2x2 table

**Food Waste Protein * Kelompok Persen Lemak Tubuh Crosstabulation**

| | | | Kelompok Persen Lemak Tubuh | | |
|---|---|---|---|---|---|
| | | | Tinggi | Normal | Total |
| Food Waste Protein | >2.52 (Banyak) | Count | 13 | 13 | 26 |
| | | % within Food Waste Protein | 50.0% | 50.0% | 100.0% |
| | <=2.52 (Sedikit) | Count | 6 | 8 | 14 |
| | | % within Food Waste Protein | 42.9% | 57.1% | 100.0% |
| Total | | Count | 19 | 21 | 40 |
| | | % within Food Waste Protein | 47.5% | 52.5% | 100.0% |

**Chi-Square Tests**

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|---|---|---|---|---|---|
| Pearson Chi-Square | .186[a] | 1 | .666 | | |
| Continuity Correction[b] | .010 | 1 | .921 | | |
| Likelihood Ratio | .187 | 1 | .666 | | |
| Fisher's Exact Test | | | | .748 | .461 |
| Linear-by-Linear Association | .182 | 1 | .670 | | |
| N of Valid Cases[b] | 40 | | | | |

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 6.65.

b. Computed only for a 2x2 table

**Food Waste Protein * Kelompok Persen Massa Otot Tubuh Crosstabulation**

| | | | Kelompok Persen Massa Otot Tubuh | | |
|---|---|---|---|---|---|
| | | | Rendah | Normal | Total |
| Food Waste Protein | >2.52 (Banyak) | Count | 15 | 11 | 26 |
| | | % within Food Waste Protein | 57.7% | 42.3% | 100.0% |
| | <=2.52 (Sedikit) | Count | 3 | 11 | 14 |
| | | % within Food Waste Protein | 21.4% | 78.6% | 100.0% |
| Total | | Count | 18 | 22 | 40 |
| | | % within Food Waste Protein | 45.0% | 55.0% | 100.0% |

**Chi-Square Tests**

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|---|---|---|---|---|---|
| Pearson Chi-Square | 4.835[a] | 1 | .028 | | |
| Continuity Correction[b] | 3.481 | 1 | .062 | | |
| Likelihood Ratio | 5.077 | 1 | .024 | | |
| Fisher's Exact Test | | | | .046 | .029 |
| Linear-by-Linear Association | 4.714 | 1 | .030 | | |
| N of Valid Cases[b] | 40 | | | | |

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 6.30.

b. Computed only for a 2x2 table

**Food Waste Lemak * Kelompok Status Gizi Crosstabulation**

| | | | Kelompok Status Gizi | | |
|---|---|---|---|---|---|
| | | | >=23.0 (Gizi Lebih) | 18.5-22.9 (Normal) | Total |
| Food Waste Lemak | >1.74 (Banyak) | Count | 8 | 13 | 21 |
| | | % within Food Waste Lemak | 38.1% | 61.9% | 100.0% |
| | <=1.74 (Sedikit) | Count | 14 | 5 | 19 |
| | | % within Food Waste Lemak | 73.7% | 26.3% | 100.0% |
| Total | | Count | 22 | 18 | 40 |
| | | % within Food Waste Lemak | 55.0% | 45.0% | 100.0% |

**Chi-Square Tests**

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|---|---|---|---|---|---|
| Pearson Chi-Square | 5.105[a] | 1 | .024 | | |
| Continuity Correction[b] | 3.768 | 1 | .052 | | |
| Likelihood Ratio | 5.240 | 1 | .022 | | |
| Fisher's Exact Test | | | | .031 | .025 |
| Linear-by-Linear Association | 4.977 | 1 | .026 | | |
| N of Valid Cases[b] | 40 | | | | |

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 8.55.

b. Computed only for a 2x2 table

**Food Waste Lemak * Kelompok Persen Lemak Tubuh Crosstabulation**

| | | | Kelompok Persen Lemak Tubuh | | |
|---|---|---|---|---|---|
| | | | Tinggi | Normal | Total |
| Food Waste Lemak | >1.74 (Banyak) | Count | 5 | 16 | 21 |
| | | % within Food Waste Lemak | 23.8% | 76.2% | 100.0% |
| | <=1.74 (Sedikit) | Count | 14 | 5 | 19 |
| | | % within Food Waste Lemak | 73.7% | 26.3% | 100.0% |
| Total | | Count | 19 | 21 | 40 |
| | | % within Food Waste Lemak | 47.5% | 52.5% | 100.0% |

**Chi-Square Tests**

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|---|---|---|---|---|---|
| Pearson Chi-Square | 9.950[a] | 1 | .002 | | |
| Continuity Correction[b] | 8.050 | 1 | .005 | | |
| Likelihood Ratio | 10.398 | 1 | .001 | | |
| Fisher's Exact Test | | | | .004 | .002 |
| Linear-by-Linear Association | 9.701 | 1 | .002 | | |
| N of Valid Cases[b] | 40 | | | | |

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 9.03.

b. Computed only for a 2x2 table

**Food Waste Lemak * Kelompok Persen Massa Otot Tubuh Crosstabulation**

| | | | Kelompok Persen Massa Otot Tubuh | | |
|---|---|---|---|---|---|
| | | | Rendah | Normal | Total |
| Food Waste Lemak | >1.74 (Banyak) | Count | 6 | 15 | 21 |
| | | % within Food Waste Lemak | 28.6% | 71.4% | 100.0% |
| | <=1.74 (Sedikit) | Count | 12 | 7 | 19 |
| | | % within Food Waste Lemak | 63.2% | 36.8% | 100.0% |
| Total | | Count | 18 | 22 | 40 |
| | | % within Food Waste Lemak | 45.0% | 55.0% | 100.0% |

**Chi-Square Tests**

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|---|---|---|---|---|---|
| Pearson Chi-Square | 4.821[a] | 1 | .028 | | |
| Continuity Correction[b] | 3.525 | 1 | .060 | | |
| Likelihood Ratio | 4.916 | 1 | .027 | | |
| Fisher's Exact Test | | | | .055 | .030 |
| Linear-by-Linear Association | 4.701 | 1 | .030 | | |
| N of Valid Cases[b] | 40 | | | | |

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 8.55.

b. Computed only for a 2x2 table

**Kualitas Diet * Kelompok Status Gizi Crosstabulation**

| | | | Kelompok Status Gizi | | |
|---|---|---|---|---|---|
| | | | >=23.0 (Gizi Lebih) | 18.5-22.9 (Normal) | Total |
| Kualitas Diet | <=60 (Rendah) | Count | 17 | 4 | 21 |
| | | % within Kualitas Diet | 81.0% | 19.0% | 100.0% |
| | >60 (Tinggi) | Count | 5 | 14 | 19 |
| | | % within Kualitas Diet | 26.3% | 73.7% | 100.0% |
| Total | | Count | 22 | 18 | 40 |
| | | % within Kualitas Diet | 55.0% | 45.0% | 100.0% |

**Chi-Square Tests**

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|---|---|---|---|---|---|
| Pearson Chi-Square | 12.031[a] | 1 | .001 | | |
| Continuity Correction[b] | 9.925 | 1 | .002 | | |
| Likelihood Ratio | 12.700 | 1 | .000 | | |
| Fisher's Exact Test | | | | .001 | .001 |
| Linear-by-Linear Association | 11.730 | 1 | .001 | | |
| N of Valid Cases[b] | 40 | | | | |

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 8.55.

b. Computed only for a 2x2 table

**Kualitas Diet * Kelompok Persen Lemak Tubuh Crosstabulation**

| | | | Kelompok Persen Lemak Tubuh | | |
|---|---|---|---|---|---|
| | | | Tinggi | Normal | Total |
| Kualitas Diet | <=60 (Rendah) | Count | 14 | 7 | 21 |
| | | % within Kualitas Diet | 66.7% | 33.3% | 100.0% |
| | >60 (Tinggi) | Count | 5 | 14 | 19 |
| | | % within Kualitas Diet | 26.3% | 73.7% | 100.0% |
| Total | | Count | 19 | 21 | 40 |
| | | % within Kualitas Diet | 47.5% | 52.5% | 100.0% |

**Chi-Square Tests**

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|---|---|---|---|---|---|
| Pearson Chi-Square | 6.513[a] | 1 | .011 | | |
| Continuity Correction[b] | 4.995 | 1 | .025 | | |
| Likelihood Ratio | 6.717 | 1 | .010 | | |
| Fisher's Exact Test | | | | .014 | .012 |
| Linear-by-Linear Association | 6.350 | 1 | .012 | | |
| N of Valid Cases[b] | 40 | | | | |

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 9.03.

b. Computed only for a 2x2 table

**Kualitas Diet * Kelompok Persen Massa Otot Tubuh Crosstabulation**

| | | | Kelompok Persen Massa Otot Tubuh | | |
|---|---|---|---|---|---|
| | | | Rendah | Normal | Total |
| Kualitas Diet | <=60 (Rendah) | Count | 14 | 6 | 20 |
| | | % within Kualitas Diet | 70.0% | 30.0% | 100.0% |
| | >60 (Tinggi) | Count | 4 | 16 | 20 |
| | | % within Kualitas Diet | 20.0% | 80.0% | 100.0% |
| Total | | Count | 18 | 22 | 40 |
| | | % within Kualitas Diet | 45.0% | 55.0% | 100.0% |

**Chi-Square Tests**

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|---|---|---|---|---|---|
| Pearson Chi-Square | 10.101[a] | 1 | .001 | | |
| Continuity Correction[b] | 8.182 | 1 | .004 | | |
| Likelihood Ratio | 10.600 | 1 | .001 | | |
| Fisher's Exact Test | | | | .004 | .002 |
| Linear-by-Linear Association | 9.848 | 1 | .002 | | |
| N of Valid Cases[b] | 40 | | | | |

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 9.00.

b. Computed only for a 2x2 table