



UNIVERSITAS ANDALAS

**PERBEDAAN PENGETAHUAN, SIKAP DAN PERILAKU MEMBACA
LABEL PANGAN PADA MAKANAN KEMASAN ANTARA
MAHASISWA GIZI DAN MAHASISWA NON GIZI
DI UNIVERSITAS ANDALAS**

Oleh :

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Diajukan Sebagai Salah Satu Syarat untuk Mendapat

Gelar Sarjana Gizi

FAKULTAS KESEHATAN MASYARAKAT

UNIVERSITAS ANDALAS

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Skripsi, Juli 2026

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LABEL PANGAN PADA MAKANAN KEMASAN ANTARA MAHASISWA
GIZI DAN MAHASISWA NON GIZI DI UNIVERSITAS ANDALAS**

xi + 94 halaman, 18 tabel, 3 gambar, 17 lampiran

ABSTRAK

Tujuan

Penelitian ini bertujuan untuk mengetahui perbedaan pengetahuan, sikap, dan perilaku membaca label pangan pada makanan kemasan antara mahasiswa gizi dan mahasiswa non gizi di Universitas Andalas.

Metode

Penelitian kuantitatif dengan desain penelitian *cross sectional*. Sampel dalam penelitian ini yaitu 132 responden dengan teknik propotional random sampling. Data dikumpulkan menggunakan angket yang telah diuji validitas dan reliabilitas. Analisis data dilakukan secara univariat dan bivariat. Perbedaan variabel diuji dengan menggunakan uji *Mann-Whitney*.

Hasil

Hasil penelitian menunjukkan bahwa rerata persentase skor pengetahuan membaca label pangan pada mahasiswa gizi sebesar 88,33%, sedangkan pada mahasiswa non gizi sebesar 70,00%. Rerata persentase skor sikap pada mahasiswa gizi sebesar 94,67%, sedangkan pada mahasiswa non gizi sebesar 86,67%. Rerata persentase skor perilaku pada mahasiswa gizi sebesar 82,67%, sedangkan pada mahasiswa non gizi sebesar 73,33%. Berdasarkan uji *Mann-Whitney*, terdapat perbedaan yang bermakna pada pengetahuan, sikap, dan perilaku membaca label pangan antara mahasiswa gizi dan mahasiswa non gizi ($p=0,001$).

Kesimpulan

Terdapat perbedaan pengetahuan, sikap dan perilaku membaca label pangan pada makanan kemasan antara mahasiswa gizi dan mahasiswa non gizi di Universitas Andalas. Mahasiswa gizi memiliki pengetahuan, sikap dan perilaku membaca label pangan yang lebih baik dibandingkan mahasiswa non gizi.

Daftar Pustaka : 49 (1999-2026)

Kata Kunci : Label pangan, mahasiswa, makanan kemasan, pengetahuan, perilaku, sikap

**FACULTY OF PUBLIC HEALTH
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TRISKA NIKMATUZ ZAKIA, NIM. 2211221003

**DIFFERENCES IN KNOWLEDGE, ATTITUDES, AND BEHAVIOR
TOWARD READING FOOD LABELS ON PACKAGED FOODS BETWEEN
NUTRITION AND NON NUTRITION STUDENTS OF AT ANDALAS
UNIVERSITY**

xi + 94 pages, 18 tables, 3 figures, 17 appendices

ABSTRACT

Objective

This study aimed to determine the differences in knowledge, attitudes, and behaviors toward reading food labels on packaged foods between nutrition and non-nutrition students cohorts at Andalas University.

Methods

This study employed a quantitative approach with a cross-sectional design. The sample consisted of 132 respondents, selected using proportional random sampling. Data were collected using a questionnaire that had been validated. Data were analyzed using univariate and bivariate analyses. Differences between groups were examined using the *Mann–Whitney test*.

Result

The results showed that the mean percentage score of knowledge of food label reading among nutrition students was 88.33%, while among non-nutrition students it was 70.00%. The mean percentage score of attitude among nutrition students was 94.67%, compared with 86.67% among non-nutrition students. The mean percentage score of behavior among nutrition students was 82.67%, while among non-nutrition students it was 73.33%. Based on the *Mann-Whitney test*, there were significant differences in knowledge, attitude, and behavior regarding food label reading between nutrition and non-nutrition students ($p=0.001$).

Conclusion

There were significant differences in knowledge, attitudes, and behaviors toward reading food labels on packaged foods between nutrition and non-nutrition students cohorts at Andalas University. Nutrition students demonstrated better knowledge, attitudes, and food label reading behaviors than non-nutrition students.

References : 49 (1999-2026)

Keyword : attitudes, behavior, food labels, knowledge, packaged foods, students