



**UNIVERSITAS ANDALAS**  
**PERBEDAAN POLA MAKAN, POLA KONSUMSI SUPLEMEN VITAMIN C,**  
**DAN PENGETAHUAN GIZI MAHASISWA GIZI DAN NON GIZI**  
**UNIVERSITAS ANDALAS ANGGARAN 2017**  
**DALAM MENGHADAPI *NEW NORMAL***

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DAN PENGETAHUAN GIZI PADA MAHASISWA GIZI DAN NON GIZI  
UNIVERSITAS ANDALAS ANGKATAN 2017 DALAM MENGHADAPI  
NEW NORMAL**

**viii+ 94 halaman, 21 tabel, 4 gambar, 7 lampiran**

**ABSTRAK**

**Tujuan**

Pencegahan infeksi dari segi gizi dengan cara mengonsumsi makanan bergizi seimbang, membatasi pemakaian gula, garam dan minyak, serta konsumsi suplemen jika diperlukan merupakan salah satu kunci agar terhindar dari infeksi COVID-19. Penelitian ini bertujuan untuk mengetahui perbedaan pola makan, pola konsumsi suplemen vitamin C, dan pengetahuan gizi pada mahasiswa gizi dan non gizi Universitas Andalas angkatan 2017 dalam menghadapi *new normal*.

**Metode**

Penelitian ini merupakan penelitian *cross sectional*. Pengumpulan data menggunakan form SQ-FFQ, form *Food Recall* 1x24 jam, kuesioner pola konsumsi suplemen vitamin C, dan kuesioner pengetahuan gizi. Penelitian dilakukan di FKM Unand dari Oktober 2020-November 2021. Sampel terdiri 88 orang mahasiswa, dengan teknik *purposive sampling*. Analisis data menggunakan uji *Mann-Whitney* dan uji *Chi-Square*.

**Hasil**

Hasil penelitian menunjukkan bahwa 52,2% mahasiswa gizi dan 52,3% mahasiswa non gizi memiliki pola makan kurang baik, 52% mahasiswa gizi dan 50,8% mahasiswa non gizi mengonsumsi suplemen vitamin C, dan 80% mahasiswa gizi dan 83% mahasiswa non gizi memiliki pengetahuan gizi sedang. Hasil uji statistik menunjukkan pola makan (*p-value* 0.991), pola konsumsi suplemen vitamin C (*p-value* 0.908), dan pengetahuan gizi (*p-value* 0.000).

**Kesimpulan**

Tidak terdapat perbedaan bermakna pada pola makan dan pola konsumsi suplemen vitamin C antara mahasiswa gizi dan non gizi. Sedangkan terdapat perbedaan bermakna pada pengetahuan gizi. Diharapkan mahasiswa gizi dan mahasiswa non gizi meningkatkan pola makan dan pengetahuan gizi, serta bijak dalam mengonsumsi suplemen vitamin C dengan memperhatikan ketepatan dosis dan aturan pakai yang tertera.

**Daftar Pustaka** : 107 (1998-2021)

**Kata Kunci** : Pola Makan, Suplemen Vitamin C, Pengetahuan Gizi, *New Normal*

**FACULTY OF PUBLIC HEALTH  
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**DIFFERENCES IN DIETARY HABITS, CONSUMPTION PATTERN OF  
VITAMIN C SUPPLEMENTS, AND NUTRITION KNOWLEDGE BETWEEN  
NUTRITION SCIENCE AND NON-NUTRITION SCIENCE STUDENTS OF  
ANDALAS UNIVERSITY 2017 GENERATION IN FACING NEW NORMAL  
ERA**

**x+ 94 pages, 21 tables, 4 pictures, 7 appendices**

**ABSTRACT**

**Objective**

Prevention of infection in terms of nutrition by consuming a balanced nutritious diet; limit intake of sugar, salt and oil; taking supplements if needed is one of the keys to avoiding COVID-19 infection. This study aims to determine the differences in dietary habit, consumption patterns of vitamin C, and nutrition knowledge in nutrition science and non-nutrition science students of Faculty of Public Health Andalas University in facing the new normal.

**Method**

This research is a cross sectional study. The data was collected using the SQ-FFQ form, the 1x24 hour Food Recall form, the vitamin C supplement consumption pattern questionnaire, and the nutrition knowledge questionnaire. This study was conducted at FKM Unand from October 2020-November 2021. The sample comprised of 88 students, using a purposive sampling technique. Data analysis used Mann-Whitney test and Chi-Square test.

**Results**

The results showed that 52,2% of nutrition science students and 52,3% of non-nutrition science students had a improper diet pattern, 52% of nutrition science students and 50.8% of non-nutrition science students took vitamin C supplements, and 80% of nutrition science students and 83% of nutrition science students had moderate nutrition knowledge. The results of statistical tests showed dietary habits (p-value 0.991), consumption patterns of vitamin C supplements (p-value 0.908), and nutrition knowledge (p-value 0.000).

**Conclusion**

There was no significant difference in dietary habit and consumption patterns of vitamin C supplements between nutrition science and non-nutrition science students. Meanwhile, there are significant differences in nutrition knowledge. It is expected hat nutrition science and non-nutrition science students will improve their dietary habit and nutrition knowledge, and be wise in taking vitamin C supplements by paying attention to the accuracy of the dosage and the instructions for use listed.

**References** : 107 (1998-2021)

**Key Words** : *Dietary Habits, Vitamin C Supplements, Nutrition Knowledge, New Normal Era.*