

GAMBARAN PERILAKU KONSUMSI BUAH DAN SAYUR PADA MAHASISWA KEPERAWATAN UNIVERSITAS JENDERAL ACHMAD YANI YOGYAKARTA

INTISARI

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Latar Belakang: Porsi mengkonsumsi buah dan sayur sebaiknya menempati porsi terbesar sekitar 60-70% dalam setiap menu makanan. Frekuensi konsumsi buah dan sayur dalam seminggu, didapatkan satu responden konsumsi buah dalam seminggu 4 kali, dua responden 2 kali, dan satu reponden 1 kali. Konsumsi sayur dalam seminggu didapatkan satu reponden konsumsi sayur 10 kali, 1 responden empat kali, 2 reponden tiga kali dan 2 responden dua kali dalam seminggu.

Tujuan Penelitian: Diketahui gambaran perilaku konsumsi buah dan sayur pada mahasiswa Keperawatan Universitas Achmad Yani Yogyakarta.

Metode Penelitian: Penelitian ini menggunakan desain deskriptif. Pada penelitian ini populasi adalah mahasiswa keperawatan yang berjumlah 81 orang. Teknik pengambilan sampel dilakukan dengan cara *probability sampling* yaitu dengan teknik *Simple Random sampling* dengan jumlah sampel sebanyak 68 responden. Instrument yang digunakan pada penelitian ini adalah kuesioner.

Hasil Penelitian: Karakteristik responden dalam penelitian ini adalah berumur 19 tahun sebanyak 55 orang (80,9%), jenis kelamin perempuan sebanyak 54 orang (79,4%), berasal dari Jawa sebanyak 42 orang (61,8%), pendapatan orang tua \geq 2.400.000 sebanyak 51 orang (75%), status tempat tinggal kos/kontrakan sebanyak 44 orang (64,7%), dan perilaku teman sebaya suka mengkonsumsi buah dan sayur sebanyak 64 orang (94,1%). Jenis sayuran yang paling disukai oleh responden adalah kangkung sebanyak 61 orang (89,7%) dan wortel 58 (85,3%). Jenis buah yang paling banyak disukai oleh responden adalah buah jeruk sebanyak 61 orang (89,7%) serta apel dan mangga masing-masing sebanyak 54 orang (79,4%).

Kesimpulan: Frekuensi konsumsi sayur paling banyak adalah 2-4 hari perminggu sebanyak 32 orang (44,1%). Frekuensi konsumsi buah paling banyak adalah 1 hari perminggu sebanyak 33 orang (48,5%).

Kata Kunci: Pola konsumsi, buah dan sayur

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**DESCRIPTION OF FRUIT AND VEGETABLE CONSUMPTION BEHAVIOR IN
NURSING STUDENTS UNIVERSITY OF GENERAL ACHMAD YANI YOGYAKARTA**

ABSTRACT

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Background: *The portion of consuming fruit and vegetables should occupy the largest portion of around 60-70% in each food menu. The frequency of fruit and vegetable consumption in a week, one respondent consumed fruit 4 times a week, two respondents 2 times, and one respondent 1 time. Vegetable consumption in a week was obtained by one respondent consuming vegetables 10 times, 1 respondent four times, 2 respondents three times and 2 respondents twice a week.*

Objectives: *The description of fruit and vegetable consumption behavior among nursing students at Achmad Yani University, Yogyakarta.*

Method: *This study uses a descriptive design. In this study, the population was nursing students, totaling 81 people. The sampling technique was carried out by means of probability sampling, namely the Simple Random sampling technique with a total sample of 68 respondents. The instrument used in this research is a questionnaire.*

Result: *The characteristics of respondents in this study were 55 people (80.9%), female gender (79.4%), 42 people from Java (61.8%), parents' income > 2,400 .000 as many as 51 people (75%), the status of boarding houses/rented as many as 44 people (64.7%), and behavior of peers who like to consume fruits and vegetables as many as 64 people (94.1%). The types of vegetables most preferred by respondents were kale as many as 61 people (89.7%) and carrots 58 (85.3%). The type of fruit most preferred by respondents was citrus fruit as many as 61 people (89.7%) and apples and mangoes each as many as 54 people (79.4%).*

Conclusion: *The frequency of consumption of vegetables at most is 2-4 days per week as many as 32 people (44.1%). The frequency of consumption of fruit at most is 1 day per week as many as 33 people (48.5%).*

Key Word: *Consumption patterns, fruit and vegetables*

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