

ABSTRAK

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Pada masa pandemi ini, penting bagi siswa untuk menjaga pola makan gizi seimbang yang didasari oleh pengetahuan dan sikap tentang gizi untuk meningkatkan sistem kekebalan tubuh yang baik sehingga dapat terlindung dari penularan Covid-19. Penelitian ini bertujuan untuk mengetahui hubungan pengetahuan gizi dan uang saku terhadap sikap dalam memilih makanan siswa SMA Islam PB Soedirman selama masa pandemi Covid-19. Desain penelitian merupakan penelitian observasional dengan rancangan *cross-sectional*. Subyek penelitian adalah siswa kelas X SMA Islam PB Soedirman yang masih aktif dan menggunakan metode *consecutive sampling*. Data dikumpulkan dengan menggunakan kuesioner *google form* lalu dianalisis menggunakan uji statistik *chi square*. Hasil analisis menunjukkan *p-value* variabel pengetahuan gizi dengan sikap gizi yaitu 0,046 dengan OR 2,903 (95% CI = 0,987 – 8,537) dan *p-value* variabel uang saku dengan sikap gizi yaitu 0,014 dengan OR 2,884 (95% CI = 1,224-6,796). Kesimpulan dari penelitian ini terdapat hubungan antara pengetahuan gizi terhadap sikap dalam memilih makanan siswa SMA Islam PB Soedirman selama masa pandemi Covid-19 dan terdapat hubungan antara uang saku terhadap sikap dalam memilih makanan siswa SMA Islam PB Soedirman selama masa pandemi Covid-19.

Kata kunci : Pengetahuan gizi, Uang saku, Sikap dalam memilih makanan

ABSTRACT

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During this pandemic, it is important for students to maintain a balanced nutritional diet based on knowledge and attitudes about nutrition to improve a good immune system so that it can be protected from the transmission of Covid-19. This study aims to find out the relationship of nutrition knowledge and pocket money to attitudes in choosing the food of PB Soedirman Islamic High School students during the Covid-19 pandemic. Research design is observational research with cross-sectional design. The subject of the study was a grade X student of SMA Islam PB Sudirman who is still active and uses consecutive sampling method. The data was collected using a google form questionnaire and then analyzed using chi square statistical tests. The results of the analysis showed p-value variable nutritional knowledge with nutritional attitude that is 0.046 with OR 2.903 (95% CI = 0.987 – 8.537) and p-value variable pocket money with nutritional attitude of 0.014 with OR 2.884 (95% CI = 1.224-6.796). The conclusion of this study is the relationship between nutritional knowledge to attitudes in choosing the food of PB Soedirman Islamic High School students during the Covid-19 pandemic and there is a relationship between pocket money and attitudes in choosing the food of PB Soedirman Islamic High School students during the Covid-19 pandemic.

Keywords: Nutrition knowledge, Pocket money, Attitude in choosing food