

ABSTRAK

Dengsi Marinda Simanjuntak : Hubungan Asupan Zat Gizi Makro Dengan Rasio Lingkar Pinggang Dan Panggul Mahasiswa/i UKM Kristen Protestan Universitas Negeri Medan. 2025.

Penelitian ini bertujuan untuk mengetahui: (1) Karakteristik responden (jenis kelamin, usia, pekerjaan ayah, pekerjaan ibu, pendidikan ayah, pendidikan ibu, penghasilan ayah, penghasilan ibu, uang saku dan besaran keluarga); (2) Asupan zat gizi makro (karbohidrat, protein dan lemak) anggota UKMKP UNIMED; (3) RLPP anggota UKMKP UNIMED; (4) Hubungan Asupan karbohidrat terhadap RLPP anggota UKMKP UNIMED; (5) Hubungan Asupan protein terhadap RLPP anggota UKMKP UNIMED; (6) Hubungan Asupan lemak terhadap RLPP anggota UKMKP UNIMED; (7) Hubungan asupan karbohidrat, protein, lemak dengan RLPP anggota UKMKP UNIMED.

Tempat Penelitian Ini Dilaksanakan Di Wilayah Unit Kegiatan Mahasiswa Kristen Protestan (UKMKP) UNIMED di Jalan. Relu, Gang Luhur No. 9 Medan, Sumatera Utara. Waktu Penelitian Ini Dilaksanakan Pada Oktober – November 2024. Teknik pengambilan sampel secara *purposive sampling*, dengan jumlah 78 orang. Desain penelitian cross sectional. Teknik pengumpulan data asupan zat gizi makro menggunakan dengan metode *food recall* 3x24 jam, pengukuran rasio lingkar pinggang dan panggul menggunakan *metline*. Teknik analisis data menggunakan Uji Rank Spearman dan Uji Regresi Linier Berganda.

Hasil penelitian menggunakan uji korelasi *rank Spearman* menunjukkan hubungan yang positif dan signifikan antara asupan zat gizi makro (energi, protein, lemak) dengan rasio lingkar pinggang dan panggul dengan p-value <0,000 pada taraf signifikan 0,05. Hubungan yang positif dan signifikan antara asupan karbohidrat dengan RLPP dengan p-value 0,007 pada taraf signifikan 0,05. Artinya semakin tinggi asupan zat gizi makro maka semakin tinggi pula rasio lingkar pinggang dan panggul pada mahasiswa/i. Hasil analisis regresi linear berganda menunjukkan terdapat hubungan yang signifikan antara asupan zat gizi makro dengan rasio lingkar pinggang dan panggul mahasiswa/i UKM Kristen Protestan Universitas Negeri Medan.

Kata Kunci : Lingkar Pinggang Panggul; Asupan Protein; Asupan Lemak; Asupan Karbohidrat;



ABSTRACT

Dengsi Marinda Simanjuntak: *The Relationship between Macronutrient Intake and the Ratio of Waist and Pelvic Circumference of Protestant Christian UKM Students of Medan State University. 2025.*

This research aims to determine: (1) Characteristics of respondents (gender, age, father's job, mother's job, father's education, mother's education, father's income, mother's income, pocket money and family size); (2) Intake of macro nutrients (carbohydrates, protein and fat) of UKM KP UNIMED members; (3) RLPP members of UKM KP UNIMED; (4) Relationship between carbohydrate intake and RLPP of UNIMED UKM KP members; (5) Relationship between protein intake and RLPP of UNIMED UKM KP members; (6) Relationship between fat intake and RLPP of UNIMED UKM KP members; (7) Relationship between carbohydrate, protein and fat intake with RLPP of UNIMED UKM KP members.

The location of this research was carried out in the UNIMED Protestant Christian Student Activity Unit (UKM KP) area on Jalan. Willing, Gang Luhur No. 9 Medan, North Sumatra. When this research was carried out in October – November 2024. The sampling technique was purposive sampling, with a total of 78 people. Cross sectional research design. The data collection technique for macronutrient intake uses the 3x24 hour food recall method, measuring the waist and hip circumference ratio using the metline. The data analysis technique uses the Spearman Rank Test and Multiple Linear Regression Test.

The results of the study using the Spearman rank correlation test showed a positive and significant relationship between macronutrient intake (energy, protein, fat) and the ratio of waist and hip circumference with a p-value <0.000 at a significance level of 0.05. There is a positive and significant relationship between carbohydrate intake and RLPP with a p-value of 0.007 at a significance level of 0.05. This means that the higher the intake of macronutrients, the higher the waist and hip circumference ratio in students. The results of multiple linear regression analysis showed that there was a significant relationship between macronutrient intake and the waist and hip circumference ratio of Protestant Christian UKM students at Medan State University. Keywords: Waist And Hip Circumference Ratio, Protein Intake, Fat Amount, Intake Carbohydrate

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