

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan hobi terhadap pola makan yang dikaji berdasarkan perbedaan umur yang diduga berpengaruh terhadap hobi dan pola makan. Penelitian ini dilakukan pada mahasiswa remaja pola makannya cenderung buruk daripada mahasiswa umur dewasa. Tujuan utama penelitian ini adalah mengevaluasi hubungan antara hobi terhadap pola makan pada mahasiswa perguruan tinggi di Daerah Istimewa Yogyakarta berdasarkan perbedaan umur. Penelitian dilakukan dengan menggunakan rancangan *cross-sectional*. Teknik sampling purposif untuk menentukan responden. Responden adalah mahasiswa remaja sebanyak 186 orang dan mahasiswa dewasa sebanyak 419 orang. Pengambilan data secara langsung menggunakan kuesioner kepada responden, setelah itu dilakukan pengelompokan kriteria inklusi dan eksklusi. Data dari kuesioner dianalisis secara statistik dengan program komputer, uji *Chi square*. Kesimpulan pada penelitian ini, yaitu terdapat hubungan hobi terhadap pola makan pada mahasiswa dewasa perguruan tinggi di D.I. Yogyakarta ($p=0,010$).

Kata kunci : hobi, pola makan, umur, mahasiswa.



ABSTRACT

This study aims to determine the relationship of hobbies to the dietary patterns that are studied based on differences in age that are thought to influence the hobbies and dietary patterns. This research was conducted on adolescent collage students and their diet tends to be worse than adulthood collage students. The purpose of this study was to evaluate the differences in the relationship between hobbies and dietary patterns among college students in Special Region of Yogyakarta based on age differences. The study was conducted using a cross-sectional design. Purposive sampling technique to determine the research subject. Subjects were 186 respondents adolescent collage students and 419 respondents adulthood collage students. Retrieval of data directly using a questionnaire to the respondents, after which grouping of inclusion and exclusion criteria was carried out. Data from the questionnaire were analyzed statistically with a computer program and used Chi square test. The conclusion of this study is that there is a relationship of hobbies to the eating patterns of adulthood collage students in the Special Region of Yogyakarta ($p = 0.654$).

Keywords: hobbies, dietary patterns, age, collage students.

