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## Lampiran 1. Persetujuan Menjadi Sampel Penelitian

### PERNYATAAN KETERSEDIAAN MENJADI SUBJEK PENELITIAN (INFORMED CONSENT)

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Yang bertanda tangan dibawah ini, saya

Nama :

Tempat tanggal lahir :

Alamat :

No. Telepon/Hp :

Bersedia dan mau berpartisipasi menjadi responden penelitian dengan judul **“Hubungan Kebiasaan Makan dengan Status Gizi Mahasiswa/i di STAIS Lubuk Pakam”** yang akan dilakukan oleh :

Nama : Chitra Setia Nathania Daeli

Alamat : Jl. Barisan Gereja

Instansi : Poltekkes Kemenkes Medan Jurusan Gizi Prodi-Diii

No. Hp 082216136047

Demikian surat pernyataan ini saya berbuat dengan sesungguhnya tanpa ada paksaan dari siapa pun.

Lubuk Pakam,..... 2023

Peneliti

Responden

(Chitra Setia Nathania Daeli)

(.....)

**Lampiran 2. Kuesioner Kebiasaan Makan metode *Adolescent Food Habit Checklist (AFHC)***

Nama :  
 Jenis kelamin :  
 Umur :  
 Pekerjaan Orang tua :

***Petunjuk : Berilah tanda ceklist (√) pada kotak pilihan jawaban yang menurut anda paling sesuai dengan kebiasaan yang sering anda lakukan.***

| No  | Pernyataan                                                                                                                                 | Jawaban         |
|-----|--------------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| 1.  | Jika saya makan diluar saya memilih makanan sehat terdiri dari kelompok nasi, ikan, tempe, sayur, dan buah                                 | Y Ya<br>Y Tidak |
| 2.  | Saya jarang sekali mengonsumsi minuman manis (boba) setiap pulang kampus                                                                   | Y Ya<br>Y Tidak |
| 3.  | Saya biasanya makan makanan pencuci mulut atau pudding jika tersedia.                                                                      | Y Ya<br>Y Tidak |
| 4.  | Saya pasti makan sayur minimal 3 kali dalam sehari                                                                                         | Y Ya<br>Y Tidak |
| 5.  | Saya selalu makan 3 potong lauk dari hewani dalam sehari                                                                                   | Y Ya<br>Y Tidak |
| 6.  | Jika saya membeli cemilan sejenis makanan ringan atau <i>chiki</i> saya selalu menghindari makanan yang terlalu manis dan terlalu berlemak | Y Ya<br>Y Tidak |
| 7.  | Saya menghindari makan terlalu banyak makanan berbumbu tajam                                                                               | Y Ya<br>Y Tidak |
| 8.  | Saya sering sekali membeli makanan siap jadi di kafe atau di tempat makan pinggir jalan                                                    | Y Ya<br>Y Tidak |
| 9.  | Saya menghindari anemia dengan mengonsumsi sayuran berwarna hijau seperti kacang-kacangan                                                  | Y Ya<br>Y Tidak |
| 10. | Saya menghindari makan terlalu banyak makanan yang memakai pewarna                                                                         | Y Ya<br>Y Tidak |

|     |                                                                           |                 |
|-----|---------------------------------------------------------------------------|-----------------|
| 11. | Saya minum air putih 8 gelas sehari                                       | Y Ya<br>Y Tidak |
| 12. | Saya lebih suka masak sendiri dikos karena lebih menjaga kualitas makanan | Y Ya<br>Y Tidak |
| 13. | Dalam sehari saya makan buah minimal 2-3 potong                           | Y Ya<br>Y Tidak |

|     |                                                                                                                 |                 |
|-----|-----------------------------------------------------------------------------------------------------------------|-----------------|
| 14. | Setiap hari saya selalu makan makanan yang pedas                                                                | Y Ya<br>Y Tidak |
| 15. | Biasanya saya makan minimal 1 porsi sayur (kecuali kentang) pada makan malam saya                               | Y Ya<br>Y Tidak |
| 16. | Ketika saya membeli <i>minuman botol atau kaleng</i> biasanya saya memilih yang rendah kalori.                  | Y Ya<br>Y Tidak |
| 17. | Saya tidak sering mengonsumsi makanan instan dikos seperti indomie atau makanan kaleng                          | Y Ya<br>Y Tidak |
| 18. | Jika saya membawa bekal makan siang dikampus, biasanya saya menambahkan micin atau penyedap rasa                | Y Ya<br>Y Tidak |
| 19. | Ketika saya makan cemilan atau makanan ringan sebelum makan, saya sering memilih buah sebagai cemilan.          | Y Ya<br>Y Tidak |
| 20. | Saat membeli makanan di luar saya selalu memperhatikan tanggal kadaluarsa                                       | Y Ya<br>Y Tidak |
| 21. | Saya sering menambahkan cream di makanan penutup atau minuman.                                                  | Y Ya<br>Y Tidak |
| 22. | Makanan di goreng dan berminyak bukan makanan kesukaan saya                                                     | Y Ya<br>Y Tidak |
| 23. | Saya sering kali mencoba pola makan sehat dengan memperhatikan jumlah makanan, jadwal makan, dan jenis makanan. | Y Ya<br>Y Tidak |

### Lampiran 3. Identitas Responden

#### IDENTITAS RESPONDEN DAN DATA ANTROPOMETRI

Hari/tanggal :

Identitas Responden

Nama :

Jenis Kelamin :

Tanggal Lahir :

Alamat :

No. Telepon :

Data Antropometri

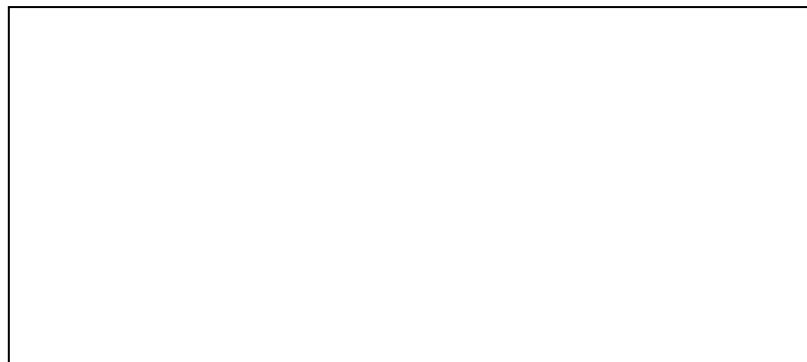
Berat Badan : kg

Tinggi Badan : cm

Status Gizi :

IMT :  $kg/m^2$

Perhitungan IMT



#### Lampiran 4. Output SPSS

#### Output Univariat

| Statistics         |         |               |       |           |
|--------------------|---------|---------------|-------|-----------|
|                    |         | jenis_kelamin | umur  | kerjaortu |
| N                  | Valid   | 72            | 72    | 72        |
|                    | Missing | 0             | 0     | 0         |
| Mean               |         | 1.31          | 20.11 | 2.4722    |
| Std. Error of Mean |         | .055          | .193  | .17908    |
| Median             |         | 1.00          | 20.00 | 2.0000    |
| Mode               |         | 1             | 19    | 1.00      |
| Std. Deviation     |         | .464          | 1.641 | 1.51956   |
| Variance           |         | .215          | 2.692 | 2.309     |
| Range              |         | 1             | 7     | 5.00      |
| Minimum            |         | 1             | 18    | 1.00      |
| Maximum            |         | 2             | 25    | 6.00      |
| Sum                |         | 94            | 1448  | 178.00    |

#### Frequency Table

| jenis_kelamin |       |           |         |               |                    |
|---------------|-------|-----------|---------|---------------|--------------------|
|               |       | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid         | P     | 50        | 69.4    | 69.4          | 69.4               |
|               | L     | 22        | 30.6    | 30.6          | 100.0              |
|               | Total | 72        | 100.0   | 100.0         |                    |

| umur  |       |           |         |               |                    |
|-------|-------|-----------|---------|---------------|--------------------|
|       |       | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | 18    | 9         | 12.5    | 12.5          | 12.5               |
|       | 19    | 23        | 31.9    | 31.9          | 44.4               |
|       | 20    | 17        | 23.6    | 23.6          | 68.1               |
|       | 21    | 8         | 11.1    | 11.1          | 79.2               |
|       | 22    | 8         | 11.1    | 11.1          | 90.3               |
|       | 23    | 4         | 5.6     | 5.6           | 95.8               |
|       | 24    | 2         | 2.8     | 2.8           | 98.6               |
|       | 25    | 1         | 1.4     | 1.4           | 100.0              |
|       | Total | 72        | 100.0   | 100.0         |                    |

**Pekerjaan Orangtua**

|       |            | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|------------|-----------|---------|---------------|--------------------|
| Valid | WIRASWASTA | 25        | 34.7    | 34.7          | 34.7               |
|       | PETANI     | 18        | 25.0    | 25.0          | 59.7               |
|       | GURU       | 12        | 16.7    | 16.7          | 76.4               |
|       | IRT        | 9         | 12.5    | 12.5          | 88.9               |
|       | PNS        | 3         | 4.2     | 4.2           | 93.1               |
|       | KARYAWAN   | 5         | 6.9     | 6.9           | 100.0              |
|       | Total      | 72        | 100.0   | 100.0         |                    |

**kebiasaan Makan**

|       |               | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---------------|-----------|---------|---------------|--------------------|
| Valid | "Baik"        | 24        | 33.3    | 33.3          | 33.3               |
|       | "Kurang baik" | 48        | 66.7    | 66.7          | 100.0              |
|       | Total         | 72        | 100.0   | 100.0         |                    |

**status gizi**

|       |             | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------------|-----------|---------|---------------|--------------------|
| Valid | underweight | 21        | 29.2    | 29.2          | 29.2               |
|       | normal      | 33        | 45.8    | 45.8          | 75.0               |
|       | overweight  | 11        | 15.3    | 15.3          | 90.3               |
|       | obesitas 1  | 4         | 5.6     | 5.6           | 95.8               |
|       | obesitas 2  | 3         | 4.2     | 4.2           | 100.0              |
|       | Total       | 72        | 100.0   | 100.0         |                    |

### Status gizi

|                | Frequency | Percent | Valid Percent | Cumulative Percent |
|----------------|-----------|---------|---------------|--------------------|
| Valid malnutri | 39        | 54.2    | 54.2          | 54.2               |
| normal         | 33        | 45.8    | 45.8          | 100.0              |
| Total          | 72        | 100.0   | 100.0         |                    |

### Output Bivariat

#### Case Processing Summary

|              | Cases |         |         |         |       |         |
|--------------|-------|---------|---------|---------|-------|---------|
|              | Valid |         | Missing |         | Total |         |
|              | N     | Percent | N       | Percent | N     | Percent |
| STATUS * kbm | 72    | 100.0%  | 0       | 0.0%    | 72    | 100.0%  |

#### Kebiasaan Makan \* Status Gizi Crosstabulation

|                |          |                         | StatusGizi |       | Total  |
|----------------|----------|-------------------------|------------|-------|--------|
|                |          |                         | malnutri   | norma |        |
| KebiasaanMakan | baik     | Count                   | 9          | 15    | 24     |
|                |          | Expected Count          | 13.0       | 11.0  | 24.0   |
|                |          | % within KebiasaanMakan | 37.5%      | 62.5% | 100.0% |
|                | kurang b | Count                   | 30         | 18    | 48     |
|                |          | Expected Count          | 26.0       | 22.0  | 48.0   |
|                |          | % within KebiasaanMakan | 62.5%      | 37.5% | 100.0% |
|                | Total    | Count                   | 39         | 33    | 72     |
|                |          | Expected Count          | 39.0       | 33.0  | 72.0   |
|                |          | % within KebiasaanMakan | 54.2%      | 45.8% | 100.0% |

### Chi-Square Tests

|                                    | Value              | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|------------------------------------|--------------------|----|-----------------------|----------------------|----------------------|
| Pearson Chi-Square                 | 4.028 <sup>a</sup> | 1  | .045                  |                      |                      |
| Continuity Correction <sup>b</sup> | 3.084              | 1  | .079                  |                      |                      |
| Likelihood Ratio                   | 4.048              | 1  | .044                  |                      |                      |
| Fisher's Exact Test                |                    |    |                       | .078                 | .039                 |
| N of Valid Cases                   | 72                 |    |                       |                      |                      |

a. 0 cells (0.0%) have expected count less than 5. The minimum expected count is 11.00.

b. Computed only for a 2x2 table

### Lampiran 5. Master Tabel

| skor jawaban kebiasaan makan |     |     |     |     |     |     |     |     |      |      |      |      |      |      |      |      |      |      |      |      |      |      |        |              | Status gizi |     |       |               |  |
|------------------------------|-----|-----|-----|-----|-----|-----|-----|-----|------|------|------|------|------|------|------|------|------|------|------|------|------|------|--------|--------------|-------------|-----|-------|---------------|--|
| P 1                          | P 2 | P 3 | P 4 | P 5 | P 6 | P 7 | P 8 | P 9 | P1 0 | P1 1 | P1 2 | P1 3 | P1 4 | P1 5 | P1 6 | P1 7 | P1 8 | P1 9 | P2 0 | P2 1 | P2 2 | P2 3 | Tot al | Ket          | BB          | TB  | IM T  | STATUS GIZI   |  |
| 1                            | 0   | 1   | 1   | 0   | 1   | 1   | 1   | 1   | 1    | 0    | 0    | 0    | 0    | 0    | 0    | 0    | 1    | 1    | 1    | 0    | 1    | 1    | 13     | baik         | 45          | 160 | 17    | malnutri tion |  |
| 1                            | 1   | 0   | 1   | 0   | 0   | 1   | 1   | 1   | 0    | 1    | 1    | 0    | 0    | 0    | 0    | 1    | 0    | 1    | 0    | 1    | 0    | 1    | 12     | kura ng baik | 49          | 155 | 16    | malnutri tion |  |
| 1                            | 1   | 1   | 1   | 0   | 0   | 1   | 1   | 1   | 1    | 1    | 1    | 1    | 1    | 0    | 0    | 1    | 1    | 1    | 0    | 1    | 0    | 0    | 16     | baik         | 60          | 162 | 22    | norma         |  |
| 1                            | 1   | 1   | 0   | 0   | 1   | 0   | 1   | 0   | 1    | 0    | 0    | 1    | 1    | 1    | 1    | 0    | 1    | 0    | 0    | 0    | 0    | 1    | 12     | kura ng baik | 48          | 163 | 18    | malnutri tion |  |
| 1                            | 1   | 0   | 1   | 0   | 0   | 1   | 1   | 1   | 0    | 1    | 1    | 0    | 1    | 0    | 0    | 0    | 0    | 0    | 0    | 0    | 1    | 0    | 10     | kura ng baik | 50          | 166 | 18    | malnutri tion |  |
| 1                            | 0   | 0   | 1   | 0   | 0   | 1   | 1   | 1   | 1    | 1    | 1    | 1    | 1    | 0    | 0    | 1    | 0    | 1    | 0    | 1    | 1    | 0    | 14     | baik         | 52          | 158 | 21    | norma         |  |
| 1                            | 1   | 0   | 1   | 1   | 0   | 0   | 0   | 1   | 0    | 1    | 1    | 1    | 0    | 1    | 0    | 1    | 1    | 1    | 0    | 1    | 0    | 1    | 14     | baik         | 55          | 154 | 23 ,2 | malnutri tion |  |
| 0                            | 1   | 0   | 1   | 0   | 1   | 0   | 0   | 0   | 1    | 0    | 0    | 0    | 1    | 1    | 1    | 0    | 0    | 0    | 1    | 1    | 0    | 0    | 9      | kura ng baik | 55          | 167 | 19 ,7 | norma         |  |
| 0                            | 1   | 0   | 0   | 1   | 1   | 1   | 0   | 1   | 1    | 0    | 0    | 0    | 1    | 1    | 0    | 1    | 1    | 1    | 1    | 1    | 1    | 1    | 15     | baik         | 40          | 155 | 16    | malnutri tion |  |
| 1                            | 1   | 0   | 0   | 0   | 0   | 1   | 1   | 1   | 1    | 0    | 0    | 0    | 1    | 0    | 0    | 1    | 1    | 0    | 1    | 0    | 1    | 1    | 12     | kura ng baik | 42          | 152 | 18    | malnutri tion |  |

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |                    |          |           |          |                  |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|----|--------------------|----------|-----------|----------|------------------|
| 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 18 | baik               | 54       | 159       | 21<br>,4 | norma            |
| 1 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 0 | 0 | 1 | 0 | 1 | 0 | 1 | 1 | 14 | baik               | 60<br>,1 | 153       | 25<br>,6 | malnutri<br>tion |
| 1 | 0 | 1 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 0 | 0 | 0 | 1 | 11 | kura<br>ng<br>baik | 63       | 160<br>,2 | 24<br>,6 | malnutri<br>tion |
| 1 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 9  | kura<br>ng<br>baik | 61<br>,3 | 166<br>,5 | 22       | norma            |
| 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 14 | baik               | 60       | 167       | 21<br>,5 | norma            |
| 1 | 1 | 0 | 1 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 14 | baik               | 45       | 165       | 16<br>,5 | malnutri<br>tion |
| 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 6  | kura<br>ng<br>baik | 40       | 157       | 16<br>,2 | malnutri<br>tion |
| 0 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 12 | kura<br>ng<br>baik | 62       | 164       | 23<br>,1 | malnutri<br>tion |
| 0 | 0 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 0 | 0 | 0 | 10 | kura<br>ng<br>baik | 56       | 157       | 22<br>,7 | norma            |
| 1 | 1 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 9  | kura<br>ng<br>baik | 53<br>,4 | 164       | 19<br>,9 | norma            |
| 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 1 | 7  | kura<br>ng<br>baik | 64<br>,9 | 166       | 23<br>,6 | malnutri<br>tion |

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |                    |          |     |          |                  |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|----|--------------------|----------|-----|----------|------------------|
| 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 0 | 9  | kura<br>ng<br>baik | 66<br>,7 | 157 | 27<br>,1 | malnutri<br>tion |
| 0 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 11 | kura<br>ng<br>baik | 98<br>,1 | 166 | 35<br>,6 | malnutri<br>tion |
| 1 | 1 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 1 | 9  | kura<br>ng<br>baik | 41       | 155 | 17       | malnutri<br>tion |
| 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 0 | 0 | 0 | 12 | kura<br>ng<br>baik | 45       | 155 | 18<br>,7 | norma            |
| 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 1 | 9  | kura<br>ng<br>baik | 48       | 150 | 21       | norma            |
| 1 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 1 | 0 | 1 | 0 | 0 | 1 | 1 | 0 | 0 | 13 | baik               | 86       | 164 | 32       | malnutri<br>tion |
| 0 | 1 | 0 | 1 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 0 | 8  | kura<br>ng<br>baik | 56<br>,8 | 153 | 24<br>,2 | malnutri<br>tion |
| 0 | 0 | 0 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 1 | 10 | kura<br>ng<br>biak | 58<br>,6 | 155 | 24<br>,4 | malnutri<br>tion |
| 0 | 1 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 0 | 0 | 1 | 0 | 0 | 10 | kura<br>ng<br>baik | 65<br>,2 | 164 | 24<br>,3 | malnutri<br>tion |
| 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 16 | baik               | 50       | 148 | 22<br>,8 | norma            |
| 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 10 | kura               | 60       | 165 | 22       | norma            |

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    | ng<br>baik         | ,5       | ,7  |          |                  |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|----|--------------------|----------|-----|----------|------------------|
| 0 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 13 | baik               | 56       | 160 | 21       | norma            |
| 1 | 1 | 0 | 1 | 1 | 0 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 13 | baik               | 62<br>,3 | 165 | 22<br>,8 | norma            |
| 1 | 1 | 0 | 1 | 0 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 12 | kura<br>ng<br>baik | 47       | 158 | 18<br>,8 | norma            |
| 1 | 0 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 12 | kura<br>ng<br>baik | 45       | 161 | 17<br>,3 | malnutri<br>tion |
| 0 | 0 | 1 | 1 | 0 | 1 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 0 | 8  | kura<br>ng<br>baik | 51       | 168 | 18       | malnutri<br>tion |
| 1 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 1 | 14 | baik               | 60       | 167 | 21<br>,5 | norma            |
| 1 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 1 | 10 | kura<br>ng<br>baik | 55<br>,2 | 167 | 18<br>,4 | norma            |
| 0 | 0 | 1 | 1 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 1 | 0 | 1 | 1 | 12 | kura<br>ng<br>biak | 43<br>,1 | 141 | 21<br>,7 | norma            |
| 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 0 | 0 | 1 | 8  | kura<br>ng<br>baik | 44<br>,4 | 161 | 17<br>,1 | malnutri<br>tion |
| 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 1 | 1 | 9  | kura<br>ng<br>baik | 72<br>,4 | 171 | 24<br>,7 | malnutri<br>tion |

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |                    |          |           |          |                  |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|----|--------------------|----------|-----------|----------|------------------|
| 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 4  | kura<br>ng<br>baik | 37<br>,3 | 148       | 17       | malnutri<br>tion |
| 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 0 | 0 | 1 | 7  | kura<br>ng<br>baik | 47<br>,3 | 164       | 17<br>,6 | malnutri<br>tion |
| 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 10 | kura<br>ng<br>baik | 44<br>,4 | 152       | 19<br>,2 | norma            |
| 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 0 | 0 | 1 | 8  | kura<br>ng<br>baik | 53<br>,8 | 143       | 26<br>,3 | malnutri<br>tion |
| 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 8  | kura<br>ng<br>baik | 44<br>,5 | 154       | 18<br>,7 | norma            |
| 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 9  | kura<br>ng<br>baik | 42       | 157<br>,5 | 16<br>,9 | malnutri<br>tion |
| 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 0 | 0 | 1 | 0 | 1 | 0 | 0 | 1 | 0 | 1 | 10 | kura<br>ng<br>baik | 50<br>,9 | 160       | 19<br>,8 | norma            |
| 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 0 | 1 | 6  | kura<br>ng<br>baik | 42       | 155       | 17<br>,5 | malnutri<br>tion |
| 1 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 12 | kura<br>ng<br>baik | 40<br>,3 | 154       | 17       | malnutri<br>tion |
| 0 | 0 | 0 | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 0 | 1 | 0 | 1 | 0 | 0 | 0 | 1 | 10 | kura<br>ng         | 57<br>,2 | 160       | 22<br>,3 | norma            |

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |                    |      |       |      |                  |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|----|--------------------|------|-------|------|------------------|
|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    | baik               |      |       |      |                  |
| 1 | 1 | 0 | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 0 | 1 | 14 | baik               | 68   | 169   | 23,7 | malnutri<br>tion |
| 1 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 17 | baik               | 47   | 150   | 20,8 | norma            |
| 1 | 1 | 0 | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 15 | baik               | 57   | 156   | 23,4 | malnutri<br>tion |
| 1 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 15 | baik               | 42   | 168   | 14,8 | malnutri<br>tion |
| 1 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 18 | baik               | 57,3 | 159,8 | 22,4 | norma            |
| 1 | 1 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 1 | 10 | kura<br>ng<br>baik | 54,4 | 165   | 20,1 | norma            |
| 1 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 19 | baik               | 43   | 152,2 | 18,6 | norma            |
| 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 17 | baik               | 48   | 152   | 20,7 | norma            |
| 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 3  | kura<br>ng<br>baik | 87,9 | 157   | 35,7 | malnutri<br>tion |
| 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 |   | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 4  | kura<br>ng<br>baik | 54,6 | 164   | 20,3 | norma            |
| 0 | 0 | 1 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 1 | 1 | 0 | 1 | 0 | 0 | 1 | 12 | kura<br>ng<br>baik | 44,1 | 171   | 15,1 | malnutri<br>tion |
| 0 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 0 | 9  | kura<br>ng         | 44,9 | 157   | 18,2 | malnutri<br>tion |

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |                    |          |     |          |                  |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|----|--------------------|----------|-----|----------|------------------|
|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    | baik               |          |     |          |                  |
| 0 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 0 | 0 | 1 | 10 | kura<br>ng<br>baik | 46       | 156 | 18<br>,9 | norma            |
| 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 6  | kura<br>ng<br>baik | 34<br>,7 | 150 | 15<br>,4 | malnutri<br>tion |
| 1 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 13 | baik               | 50<br>,9 | 158 | 20<br>,4 | norma            |
| 1 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 1 | 1 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 0 | 1 | 9  | kura<br>ng<br>baik | 48<br>,3 | 150 | 21<br>,4 | norma            |
| 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 0 | 0 | 1 | 0 | 1 | 0 | 0 | 1 | 10 | kura<br>ng<br>baik | 62<br>,6 | 155 | 26       | malnutri<br>tion |
| 1 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 0 | 1 | 0 | 1 | 0 | 0 | 1 | 0 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 11 | kura<br>ng<br>baik | 64<br>,9 | 166 | 23<br>,6 | malnutri<br>tion |
| 1 | 1 | 0 | 1 | 1 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 0 | 0 | 0 | 1 | 1 | 1 | 1 | 1 | 0 | 1 | 13 | baik               | 48       | 150 | 21       | norma            |
| 1 | 0 | 0 | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 13 | baik               | 53<br>,4 | 164 | 19<br>,9 | norma            |

| <b>No</b> | <b>Nama Mahasiswa/i</b> | <b>Jenis kelamin</b> | <b>Umur</b> | <b>Pekerjaan Orangtua</b> |
|-----------|-------------------------|----------------------|-------------|---------------------------|
| 1         | Anisah Caniago          | P                    | 23          | Wiraswasta                |
| 2         | Della Syakila Ayu       | P                    | 19          | Petani                    |
| 3         | Sarah Hasibuan          | P                    | 20          | Petani                    |
| 4         | Abizar Risky            | L                    | 20          | Wiraswasta                |
| 5         | M.Fadil                 | L                    | 21          | Petani                    |
| 6         | Indah Yati              | P                    | 20          | Guru                      |
| 7         | Diva Nurindah           | P                    | 20          | Wiraswasta                |
| 8         | Putra Alamsyah          | L                    | 22          | Petani                    |
| 9         | Pakalah Indah           | P                    | 20          | Pns                       |
| 10        | Kuniman                 | P                    | 18          | Pns                       |
| 11        | Inkaa                   | P                    | 20          | Wiraswasta                |
| 12        | Nur Fridasyssha         | P                    | 24          | Karyawan                  |
| 13        | MHD Habibi Nst          | L                    | 19          | Wiraswasta                |
| 14        | Sukimin                 | L                    | 25          | Petani                    |
| 15        | M.Masrullah             | L                    | 20          | Wiraswasta                |
| 16        | Khaurun Nina            | P                    | 19          | Karyawan                  |
| 17        | Fadian Hafijatur Nur    | P                    | 19          | Petani                    |
| 18        | Juanda Lasmana          | L                    | 19          | Irt                       |
| 19        | Auila                   | P                    | 19          | Irt                       |
| 20        | Khairul Akbar           | L                    | 18          | Wiraswasta                |
| 21        | Dodi Afadi              | L                    | 24          | Petani                    |
| 22        | M. Andri Noor           | L                    | 19          | Wiraswasta                |
| 23        | Fadhil Ibnul Husni      | L                    | 22          | Wiraswasta                |
| 24        | Warda Nabila            | P                    | 23          | Karyawan                  |
| 25        | Nuranun                 | P                    | 22          | Petani                    |
| 26        | Rika Safitri            | P                    | 23          | Petani                    |
| 27        | Muhammad Raui           | L                    | 19          | Guru                      |
| 28        | Janifa Anim Tapumbolon  | P                    | 20          | Petani                    |
| 29        | Jihan Anita Anwar       | P                    | 21          | Wiraswasta                |

|    |                        |   |    |            |
|----|------------------------|---|----|------------|
| 30 | M. Yusrie Ar Ridho     | L | 21 | Guru       |
| 31 | Auliyanti Zahara       | P | 19 | Wiraswasta |
| 32 | Aquila Sifani Marpaung | P | 19 | Wiraswasta |
| 33 | Nur Aila               | P | 21 | Irt        |
| 34 | Abdul Rahmad Lubis     | L | 22 | Pns        |
| 35 | Asila Fatia            | P | 20 | Petani     |
| 36 | Deviana Putri          | P | 21 | Irt        |
| 37 | Fauzi Risma Iky        | L | 19 | Guru       |
| 38 | Imam Shaki             | L | 18 | Guru       |
| 39 | Dinrahamdhani          | L | 22 | Wiraswasta |
| 40 | Amanda Ivana           | P | 19 | Wiraswasta |
| 41 | Nadhya Fatin           | P | 19 | Irt        |
| 42 | Desi Melani            | P | 18 | Wiraswasta |
| 43 | Yesi Olivia            | P | 18 | Petani     |
| 44 | Putri                  | P | 18 | Irt        |
| 45 | Nia Rahmadani          | P | 19 | Petani     |
| 46 | Intan Cahaya Soba      | P | 19 | Wiraswasta |
| 47 | Siti Sundari           | P | 20 | Guru       |
| 48 | Zuihaida               | P | 19 | Wiraswasta |
| 49 | Nurainun Sitompul      | P | 20 | Petani     |
| 50 | Sindy Amelia           | P | 19 | Karyawan   |
| 51 | Miffahul Husna Lubis   | P | 18 | Guru       |
| 52 | Miftahul Jannah        | P | 20 | Wiraswasta |
| 53 | Ihsan Mukhlis          | L | 21 | Petani     |
| 54 | Sovia Sari             | P | 23 | Wiraswasta |
| 55 | Windy Ayu Raditha      | P | 22 | Wiraswasta |
| 56 | Nurul Izzah            | P | 22 | Wiraswasta |
| 57 | Irwansyah              | L | 20 | Petani     |
| 58 | Aria Rahmad Lubis      | L | 21 | Wiraswasta |
| 59 | Amalla Nonie Fardhani  | P | 19 | Petani     |
| 60 | Nurul Amelia Fadila    | P | 19 | Guru       |

|    |                  |   |    |            |
|----|------------------|---|----|------------|
| 61 | Nazwa Sakila     | P | 18 | Petani     |
| 62 | Gilang Laksana   | L | 20 | Wiraswasta |
| 63 | Descy            | P | 19 | Guru       |
| 64 | Mawarnda Putri   | P | 18 | Karyawan   |
| 65 | Silvi Ronita     | P | 20 | Wiraswasta |
| 66 | Ela Ristami      | P | 19 | Irt        |
| 67 | Gheria Rahimah   | P | 19 | Guru       |
| 68 | Mutya            | P | 20 | Irt        |
| 69 | Siti Azaima      | P | 22 | Irt        |
| 70 | Ahmad Fauzi      | L | 19 | Wiraswasta |
| 71 | Jihan Andara     | P | 21 | Guru       |
| 72 | Lita Alya Rojani | P | 20 | Guru       |

## Lampiran 6. Dokumen EC



**Kementerian Kesehatan**  
**Poltekkes Medan**  
Komisi Etik Penelitian Kesehatan  
Jalan Jamin Ginting KM. 13,5  
Medan, Sumatera Utara 20137  
(061) 8368633  
<https://poltekkes-medan.ac.id>

### KETERANGAN LAYAK ETIK / DESCRIPTION OF ETHICAL APPROVAL "ETHICAL APPROVAL"

No: 01.25 779 /KEPK/POLTEKKES KEMENKES MEDAN 2024

Protokol Penelitian yang diusulkan oleh :  
*The Research Protocol Proposed By*

Peneliti Utama : CHITRA SETIA NATHANIA DAELI  
*Principil In Investigator*

Nama Institusi : Prodi D-III Gizi Poltekkes Kemenkes Medan  
*Name of the Institution*

Dengan Judul :  
*Title*

#### "HUBUNGAN KEBIASAAN MAKAN DENGAN STATUS GIZI MAHASISWA/ I DI STAIS LUBUK PAKAM"

Dinyatakan layak etik sesuai 7 (tujuh) Standar WHO 2011, Yaitu 1)Nilai Sosial, 2)Nilai ilmiah, 3) Pemerataan Beban dan Manfaat, 4)Risiko, 5)Bujukan/Eksploitasi, 6)Kerahasiaan dan Privacy, dan 7) Persetujuan Setelah Penjelasan, yang merujuk pada pedoman CIOMS 2016. Hal ini seperti yang ditunjukkan oleh terpenuhinya indikator.

*Declared to be ethically appropriate in accordance to 7 (seven) WHO 2011 Standards, 1) Social Values , 2)Scientific Values , 3)Equitable Assessment and Benefits, 4)Risks, 5)Persuasion/Exploitation, 6) Confidentiality and Privacy, and 7)Informed Consent, referring to the 2016 CIOMS guidelines. This is as indicated by the fulfillment of the indicators of each standard*

Pernyataan Layak Etik ini berlaku selama kurun waktu 8 Mei 2024 sampai 8 Mei 2025

*This declaration of ethics applies during the period 8 May 2024 until 8 May 2025*

Medan, 8 May 2024  
Ketua/chairperson  
  
dr. Lestari Rahmah, MKT.  
NIP.197106222002122003

## Lampiran 7. Surat Izin Penelitian



KEMENTERIAN KESEHATAN REPUBLIK INDONESIA  
DIREKTORAT JENDERAL TENAGA KESEHATAN  
POLITEKNIK KESEHATAN KEMENKES MEDAN  
Jl. Jamin Ginting KM. 13,5 Kel. Lauch Medan Tuntungan Kode Pos :20136  
Telepon : 061-8368633 - Fax : 061-8368644  
Website : www.poltekkes-medan.ac.id, email : poltekkes\_medan@yahoo.com



Lubuk Pakam, 2 Februari 2024

Nomor : KP.01.03/F.XXII.13/0408-1/2024  
Lampiran : -  
Perihal : Surat Izin Penelitian

Kepada Yth:  
Kepala Jurusan STAIS Lubuk Pakam

di \_  
Tempat

Sesuai dengan kurikulum Prodi Diploma III Gizi dimana mahasiswa semester VI diwajibkan menyusun Karya Tulis Ilmiah. Berkenaan dengan hal tersebut kami mohon izin bagi mahasiswa bimbingan Rina Doriana Pasaribu, SKM, M.Kes untuk melakukan Penelitian di STAIS Lubuk Pakam. Adapun nama mahasiswa tersebut, adalah:

Nama : Chitra Setia Nathania Daeli  
NIM : P01031121007  
Judul : Hubungan Kebiasaan Makan dengan Status Gizi Mahasiswa/i di STAIS Lubuk Pakam.

Demikian kami sampaikan, atas perhatian dan kerjasamanya diucapkan terima kasih.



Kepala Jurusan Gizi

Riris Oppunggu, S.Pd, M.Kes  
NIP. 19906231990032001



## Lampiran 8. Surat Balasan Penelitian



### SEKOLAH TINGGI AGAMA ISLAM SERDANG ( STAIS ) LUBUK PAKAM AKREDITASI BAN-PT

INSTITUSI : No. 992/SK/BAN-PT/Akred/PT/XI/2021  
PAI : No. 2639/SK/BAN-PT/Ak/S/VIII/2022  
HKI : No. 2059/SK/BAN-PT/Akred/S/III/2022

Kampus : Jln. Negara km. 17 - 20 No. 16 Telp. (061) 7932252 - Lubuk Pakam Kode Pos : 20525 Kab. Treh Serdang Prop. Sumatera Utara, e-mail : [staserdang.lubukpakam@yahoo.co.id](mailto:staserdang.lubukpakam@yahoo.co.id)

Nomor : 421/009/V/STAIS/2024  
Lampiran : -  
Perihal : Balasan Izin Penelitian

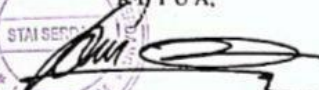
Kepada Yth :  
Ketua Jurusan Gizi  
Politeknik Kesehatan Kemenkes Medan  
di-  
Tempat.

Dengan Hormat,

Sesuai dengan surat dari Ketua Jurusan Gizi Nomor: KP.01.03/F.XXII.13/0408-1/2024, tentang Permohonan Izin Penelitian. Dengan ini STAI Serdang Lubuk Pakam menerima Permohonan Penelitian tersebut, oleh yang namanya tertera di bawah ini :

Nama : Chitra Setia Nathania Daeli  
NIM : P01031121007  
Program Studi : Diploma III Gizi  
Judul Karya Tulis : Hubungan Kebiasaan Makan dengan Status Gizi  
Mahasiswa di STAIS Lubuk Pakam.

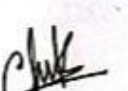
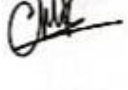
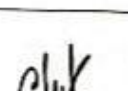
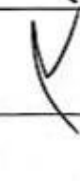
Demikian surat ini kami sampaikan, agar dapat dipergunakan sebagaimana mestinya.

Lubuk Pakam, 07 April 2024  
KETUA,  
  
MUHAMMAD NUH DAWI, S.Fil., MA

Lampiran 9.

Bukti Bimbingan Karya Tulis Ilmiah

Nama : Chitra Setia Nathania Daeli  
NIM : P01031121007  
Judul : Hubungan Kebiasaan Makan dengan Status Gizi  
Mahasiswa/i di Sekolah Tinggi Agama Islam Serdang  
(STAIS) Lubuk Pakam.  
Pembimbing : Rina Doriana Parasibu, SKM, M.Kes

| No | Tanggal     | Judul / Topik Bimbingan                                                   | Tanda Tangan Pembimbing                                                             | Tanda Tangan Mahasiswa                                                                |
|----|-------------|---------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 1. | 7 Sep 2023  | Perkenalan dan diskusi mengenai topik penelitian                          |   |    |
| 2. | 17 Sep 2023 | Pengajuan judul penelitian dan pencarian artikel terkait judul penelitian |  |  |
| 3. | 18 Okt 2023 | Judul penelitian diterima Dosen Pembimbing                                |  |  |
| 4. | 2 Nov 2023  | Pengumpulan usulan penelitian BAB I-III                                   |  |  |
| 5. | 13 Nov 2023 | Pemeriksaan isi proposal (revisi)                                         |  |  |
| 6. | 22 Nov 2023 | Pengumpulan usulan penelitian BAB I-III                                   |  |  |
| 7. | 1 Des 2023  | Usulan proposal diterima dosen                                            |  |  |

|     |              |                                                          |  |             |
|-----|--------------|----------------------------------------------------------|--|-------------|
|     |              | pembimbing dan tanda tangan surat pernyataan persetujuan |  |             |
| 8.  | 4 Des 2023   | Pembuatan dan pemeriksaan PPT oleh Pembimbing            |  | <i>Chuk</i> |
| 9.  | 19 Jan 2024  | Perbaikan usulan penelitian oleh dosen pembimbing        |  | <i>Chuk</i> |
| 10. | 22 Jan 2024  | Perbaikan usulan penelitian oleh dosen penguji I         |  | <i>Chuk</i> |
| 11. | 25 Jan 2024  | Perbaikan usulan penelitian oleh dosen penguji I         |  | <i>Chuk</i> |
| 12. | 29 Jan 2024  | Penandatanganan usulan penelitian                        |  | <i>Chuk</i> |
| 13. | 6 Mei 2024   | Penelitian                                               |  | <i>Chuk</i> |
| 14. | 13 Mei 2024  | Bimbingan terkait hasil penelitian                       |  | <i>Chuk</i> |
| 15. | 18 Mei 2024  | Revisi BAB VI dan BAB V                                  |  | <i>Chuk</i> |
| 16. | 20 Mei 2024  | Revisi BAB VI, BAB V                                     |  | <i>Chuk</i> |
| 17. | 21 Mei 2024  | Revisi seluruh isi KTI dari bab 1 sampai lampiran        |  | <i>Chuk</i> |
| 18. | 03 Juni 2024 | Penandatanganan surat pernyataan persetujuan penelitian  |  | <i>Chuk</i> |

**Lampiran 10.**

**Surat Pernyataan**

Saya yang bertanda tangan dibawah ini :

Nama : Chitra Setia Nathania Daeli

NIM : P01031121007

Menyatakan bahwa data penelitian yang terdapat di karya tulis ilmiah saya adalah benar saya ambil dan bila bila tidak saya bersedia mengikuti ujian ulang (ujian utama saya dibatalkan)

Lubuk Pakam, Mei 2024

Yang membuat pernyataan



(Chitra Setia Nathania Daeli)

## Lampiran 11.

### DAFTAR RIWAYAT HIDUP

Nama : Chitra Setia Nathania Daeli  
Tempat/Tanggal Lahir : Gunungsitoli, 23 Februari 2004  
Jumlah anggota keluarga : 9  
Alamat rumah : Jl. Soekarno Hatta, Desa Onolimbu, Kec.  
Lahomi, Kab. Nias Barat, Sumatera Utara

No. Telepon : 082216136047  
Email : [chitra230204@gmail.com](mailto:chitra230204@gmail.com)  
Riwayat Pendidikan : 1. SD Negeri 071177 Onolimbu  
2. SMP Negeri 2 Lahomi  
3. SMA Negeri 3 Gunungsitoli  
Hobby : Bernyanyi, Belanja  
Motto : Tetap menebarkan banyak cinta karna tidak  
ada perbuatan baik yang sia sia.

## Lampiran 12. Dokumenta



