

**HUBUNGAN CITA RASA DAN VARIASI MENU MAKANAN DENGAN SISA
MAKANAN PADA SANTRIWATI DI PONDOK PESANTREN AN-NASHAR KOTA
BATAM**

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ABSTRAK

Sisa makanan adalah makanan yang tersisa di piring setelah dikonsumsi dan mencerminkan kemampuan serta kemauan individu untuk menghabiskan makanan. Di pondok pesantren, masalah ini sering muncul karena cita rasa makanan kurang disukai dan variasi menu terbatas. Penelitian ini bertujuan mengetahui hubungan antara cita rasa dan variasi menu dengan sisa makanan pada santriwati Pondok Pesantren An-Nashar Kota Batam. Penelitian ini menggunakan desain analitik *cross sectional* dengan 46 responden yang dipilih secara *simple random sampling*. Data dikumpulkan melalui *self-reported consumption* dengan metode comstock, dianalisis dengan *uji Chi-Square*. Hasil menunjukkan sebagian besar santriwati yang menilai cita rasa dan variasi menu kurang baik cenderung menyisakan makanan, namun *p-value* untuk cita rasa 0,989 dan variasi menu 0,650 ($>0,05$), sehingga tidak terdapat hubungan signifikan. Kesimpulannya, tidak ada hubungan bermakna antara cita rasa maupun variasi menu dengan sisa makanan. Disarankan penyelenggara melakukan peningkatan kualitas menu sebagai upaya umum perbaikan layanan gizi dan penelitian lanjutan perlu mempertimbangkan faktor lain seperti aturan makan, waktu makan, dan suasana makan.

**THE RELATIONSHIP *BETWEEN TASTE AND VARIETY OF FOOD* MENUS WITH
FOOD WASTE AMONG FEMALE STUDENTS AT THE AN-NASHAR ISLAMIC
BOARDING SCHOOL IN BATAM CITY**

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ABSTRACT

Food waste is food left on the plate after consumption and reflects an individual's ability and desire to finish food. In Islamic boarding schools, this problem often arises because the taste of the food is less favorable and the menu variety is limited. This research aims to determine the relationship between taste and menu variations and food waste among female students at the An-Nashar Islamic Boarding School, Batam City. This research used a *cross sectional* analytical design with 46 respondents selected using *simple random sampling*. Data were collected through *self-reported consumption* using the comstock method, analyzed using the *Chi-Square test*. The results showed that the majority of female students who rated the taste and menu variety as poor tended to leave food behind, but the p-value for taste was 0.989 and menu variety was 0.650 (>0.05), so there was no significant relationship. In conclusion, there is no significant relationship between taste or menu variety and food waste. It is recommended that organizers improve the quality of the menu as an effort to improve general nutritional services and further research needs to consider other factors such as eating rules, meal times, and dining atmosphere.