

ABSTACT

Rodifa, Lailatur. 2025. Analysis of Nutritional Knowledge, Pocket Money, and Peer Influence on Snack Food Selection Behavior among Nutrition Students at Poltekkes Kemenkes Malang. Scientific Paper. Diploma 3 Nutrition Study Program, Department of Nutrition, Poltekkes Kemenkes Malang. Supervisor: Theresia Puspita, STP., MP., RD.

Background: Snack selection behavior is part of students' eating habits that can affect their nutritional status and long-term health. Various factors such as nutritional knowledge, pocket money, and peer influence are thought to play a role in shaping this behavior. **Research Objective:** To describe nutritional knowledge, pocket money, and peer influence on snack food selection behavior among Nutrition students at Poltekkes Kemenkes Malang. **Research Methods:** This research used a descriptive design with a cross-sectional approach involving 96 respondents selected through purposive sampling. Data were collected using a questionnaire and analyzed descriptively in the form of frequency distributions and percentages. **Research Results:** The results showed that 66.7% of respondents had good nutritional knowledge, 76.0% had high pocket money, and 70.8% had positive peer influence. However, most respondents (89.6%) still demonstrated poor snack selection behavior. There was a gap between good nutritional knowledge and healthy snack selection behavior, pocket money did not directly align with behavior, and positive peer influence tended to encourage healthier snack choices. **Conclusion:** The findings indicate that although most respondents had good nutritional knowledge, their healthy snack selection behavior remained low, suggesting the need for increased awareness and habituation in choosing healthy snacks.

Keywords: Nutritional Knowledge, Pocket Money, Peer Influence, Behavior, Snack Food