

# HUBUNGAN FREKUENSI PEMBELIAN MAKANAN *ONLINE*, KONSUMSI *FAST FOOD*, DAN *SEDENTARY LIFESTYLE* DENGAN STATUS GIZI PADA MAHASISWA PROGRAM STUDI GIZI UPNVJ

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## Abstrak

Perkuliahan daring berdampak pada ketersediaan pangan mahasiswa yang dimana kecanggihan teknologi memudahkan akses pangan mahasiswa namun dalam pemilihan jenisnya, mahasiswa menjadi konsumen aplikasi pembelian makanan terbanyak dengan pilihan makanan cepat saji. Perkuliahan online juga berdampak pada aktivitas sedentari mahasiswa yang meningkat. Hal tersebut dapat berpengaruh terhadap status gizi pada mahasiswa. Tujuan penelitian ini untuk menganalisis hubungan antara frekuensi pembelian makanan *online*, konsumsi *fast food*, dan *sedentary lifestyle* dengan status gizi pada mahasiswa Program Studi Gizi Program Sarjana UPNVJ. Penelitian ini menggunakan desain *cross sectional* dengan populasi mahasiswa angkatan 2019, 2020, dan 2021 yang diambil menggunakan teknik *stratified random sampling* sebanyak 149 responden. Pengambilan data melalui pengisian kuesioner secara daring. Hasil penelitian menunjukkan bahwa mayoritas mahasiswa memiliki status gizi normal, frekuensi pembelian makanan *online* dan konsumsi *fast food* jarang, serta aktivitas sedentari yang rendah. Uji statistik Chi-Square menunjukkan hasil frekuensi pembelian makanan *online* ( $p = 0,031$ ), frekuensi konsumsi *fast food* ( $p = 0,355$ ), dan aktivitas sedentari ( $p = 0,510$ ). Maka dapat disimpulkan bahwa frekuensi pembelian makanan *online* berhubungan dengan status gizi pada mahasiswa, sedangkan frekuensi konsumsi *fast food* dan *sedentary lifestyle* tidak berhubungan dengan status gizi.

**Kata Kunci:** *Fast Food*, Mahasiswa, Pembelian Makanan *Online*, *Sedentary Lifestyle*, Status Gizi

# **THE RELATIONSHIP BETWEEN THE FREQUENCY OF ONLINE FOOD PURCHASE, FAST FOOD CONSUMPTION, AND SEDENTARY LIFESTYLE WITH NUTRITIONAL STATUS IN COLLAGE STUDENTS OF NUTRITIONAL STUDY PROGRAM UPNVJ**

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## **Abstract**

Online lectures have an impact on student food availability, where technological sophistication makes it easier for students to access food, but in choosing the type, students become consumers of the most food purchasing applications with fast food choices. Online lectures also have an impact on increasing student sedentary activities. This can affect the nutritional status of students. The purpose of this study was to analyze the relationship between the frequency of online food purchases, consumption of fast food, and a sedentary lifestyle with the nutritional status of the Nutrition Study Program students of the UPNVJ Undergraduate Program. This study uses a cross-sectional design with a student population of the 2019, 2020, and 2021 batches taken using a stratified random sampling technique of 149 respondents. Collecting data through filling out online questionnaires. The results showed that the majority of students had normal nutritional status, infrequent online food purchases and infrequent consumption of fast food, and low sedentary activity. Chi-Square statistical test showed the results of online food purchase frequency ( $p = 0.031$ ), fast food consumption frequency ( $p = 0.355$ ), and sedentary activity ( $p = 0.510$ ). It can be concluded that the frequency of online food purchases is related to the nutritional status of students, while the frequency of consumption of fast food and sedentary lifestyle is not related to nutritional status.

**Keywords:** Fast Food, Nutritional Status, Online Food Purchase, Sedentary Lifestyle, Students