

**HUBUNGAN ASUPAN GIZI DAN STATUS GIZI TERHADAP KELELAHAN
MAHASISWA PROGRAM STUDI KEDOKTERAN ANGKATAN 2020 FAKULTAS
KEDOKTERAN UPNVJ**

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ABSTRAK

Kelelahan merupakan suatu respon fisiologis tubuh yang ditandai dengan adanya pelemahan kegiatan, pelemahan motivasi dan kelelahan fisik. Terdapat banyak faktor penyebab terjadinya kelelahan, salah satunya berkaitan dengan nutrisi. Asupan gizi dan status gizi yang baik dapat meningkatkan produktivitas, kinerja mahasiswa dan menurunkan tingkat kelelahan. Fakultas Kedokteran UPN “Veteran” Jakarta memiliki jadwal akademik cukup padat disertai dengan beragam kegiatan non akademik khususnya pada mahasiswa tingkat akhir sehingga memungkinkan meningkatkan tingkat kelelahan apabila hal tersebut tidak diimbangi dengan kontrol nutrisi yang baik. Tujuan penelitian untuk mengetahui hubungan asupan gizi dan status gizi terhadap kelelahan mahasiswa program studi kedokteran angkatan 2020 Fakultas Kedokteran UPNVJ. Penelitian ini merupakan penelitian studi analitik observasional pendekatan kuantitatif dengan desain *cross sectional*. Besar sampel sebanyak 53 responden mahasiswa program studi kedokteran angkatan 2020 Fakultas Kedokteran UPNVJ yang aktif berkuliah dengan kondisi tubuh yang sehat baik secara jasmani dan rohani, tidak sedang sakit dan dalam masa pengobatan atau memiliki riwayat penyakit kronis serta bersedia menjadi responden. Teknik pengambilan sampel yaitu *simple random sampling*. Uji yang digunakan untuk melakukan analisis bivariat yaitu Uji *Fisher Exact*. Hasil menunjukkan mayoritas responden memiliki asupan gizi defisiensi berat ($n= 25, 47,2\%$), kelelahan sedang ($n= 26, 49,1\%$) dan status gizi ideal ($n= 26, 49,1\%$). Analisis bivariat menggunakan Uji *Fisher Exact* pada hubungan asupan gizi terhadap kelelahan menghasilkan $p\text{-value}=0,043$ yang menunjukkan terdapat hubungan bermakna asupan gizi terhadap kelelahan sedangkan analisis bivariat menggunakan Uji *Fisher Exact* pada hubungan status gizi terhadap kelelahan menghasilkan $p\text{-value}=0,412$ yang menunjukkan tidak terdapat hubungan bermakna status gizi terhadap kelelahan.

Kata Kunci: Asupan Gizi, Kelelahan, Mahasiswa Kedokteran, Status Gizi

THE RELATIONSHIP BETWEEN NUTRITIONAL INTAKE AND NUTRITIONAL STATUS ON FATIGUE IN MEDICAL STUDENTS OF FACULTY OF MEDICINE AT UPNVJ, CLASS OF 2020

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ABSTRACT

Fatigue is a physiological response of the body which is characterized by weakening of activities, weakening of motivation and physical fatigue. There are many factors that cause fatigue, one of them is related to nutrition. Good nutritional intake and nutritional status can increase productivity, student performance and reduce fatigue levels. The Faculty of Medicine at UPN "Veteran" Jakarta has a fairly busy academic schedule with a variety of non-academic activities, especially for final year students that can make it possible to increase fatigue levels if this condition can not be balanced with good nutritional control. The aim of the research was to determine the relationship between nutritional intake and nutritional status on fatigue in medical students of Faculty of Medicine at UPNVJ, class of 2020. This research is an observational analytical study with a quantitative approach and a cross sectional design. The sample size was 53 respondents from medical students of Faculty of Medicine at UPNVJ, class of 2020 who were actively studying with a healthy body condition both physically and mentally, who were not sick and undergoing treatment or had a history of chronic disease and were willing to be respondents. The sampling technique is simple random sampling. The test used to perform bivariate analysis is the Fisher Exact Test. The results showed the majority of respondents had severe nutritional deficiencies (n= 25, 47.2%), moderate fatigue (n= 26, 49.1%) and ideal nutritional status (n= 26, 49.1%). Bivariate analysis using the Fisher Exact Test on the relationship between nutritional intake and fatigue resulted in a p-value = 0.043, which indicates there is a significant relationship between nutritional intake and fatigue, while bivariate analysis using the Fisher Exact Test on the relationship between nutritional status and fatigue resulted in a p-value = 0.412, which indicates there is no significant relationship between nutritional status and fatigue.

Keywords: *Fatigue, Medical Student, Nutritional intake, Nutritional Status*