

HUBUNGAN *BODY IMAGE*, PENGETAHUAN GIZI, DAN KUALITAS TIDUR DENGAN *SKIPPING BREAKFAST* PADA MAHASISWA FIKES UPN “VETERAN” JAKARTA

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Abstrak

Mahasiswa seringkali memiliki jadwal yang padat, baik di dalam kampus maupun luar kampus. Jadwal yang pada tersebut membuat mahasiswa berisiko melewatkan sarapan (*skipping breakfast*). Jika dibiarkan, perilaku tersebut dapat menyebabkan masalah kesehatan serius seperti obesitas dan hipertensi. Faktor-faktor seperti *body image* negatif, rendahnya pengetahuan gizi, dan kualitas tidur yang buruk berkontribusi pada perilaku tersebut. Penelitian ini bertujuan untuk mengetahui hubungan *body image*, pengetahuan gizi, dan kualitas tidur dengan *skipping breakfast* pada mahasiswa FIKES UPN “Veteran” Jakarta. Penelitian ini menggunakan desain *cross-sectional*. dengan teknik *stratified random sampling* yang melibatkan 231 mahasiswa berusia 19-23 tahun. Data *skipping breakfast* diperoleh dengan kuesioner, data *body image* diperoleh dengan *stunkard scale*, data pengetahuan gizi diperoleh dengan kuesioner pengetahuan gizi yang sudah diuji validitas dan reliabilitas, dan data kualitas tidur diperoleh dengan PSQI. Data kemudian dianalisis menggunakan *chi-square*. Hasil penelitian menunjukkan prevalensi *skipping breakfast* sebesar 53,7%. Tidak ditemukan hubungan yang signifikan antara *body image* ($p\text{-value} = 1,000$) dan pengetahuan gizi ($p\text{-value} = 0,323$) dengan *skipping breakfast*, tetapi ditemukan hubungan yang signifikan antara kualitas tidur ($p\text{-value} = 0,022$) dengan *skipping breakfast*. Dengan demikian, dapat disimpulkan bahwa tidak terdapat hubungan yang signifikan antara *body image* negatif dan pengetahuan gizi kurang dengan *skipping breakfast*. Namun, terdapat hubungan yang signifikan antara kualitas tidur buruk dengan *skipping breakfast*. Penelitian lebih lanjut disarankan untuk meneliti variabel pendorong faktor *skipping breakfast* lainnya.

Kata Kunci : *Body Image*, Kualitas Tidur, Mahasiswa, Pengetahuan Gizi, *Skipping Breakfast*

THE ASSOCIATION BETWEEN BODY IMAGE, NUTRITIONAL KNOWLEDGE, AND SLEEP QUALITY WITH SKIPPING BREAKFAST AMONG UNDERGRADUATE STUDENTS AT FIKES UPN “VETERAN” JAKARTA.

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Abstract

Students often have busy schedules, both on and off campus. These demanding schedules put students at risk of skipping breakfast. If this behaviour continues, it can lead to serious health issues, such as obesity and hypertension. Factors such as negative body image, low nutritional knowledge, and poor sleep quality contribute to this behaviour. This study aims to determine the relationship between body image, nutritional knowledge, and sleep quality with skipping breakfast among students of the Faculty of Health at UPN “Veteran” Jakarta. This study used a cross-sectional design with a stratified random sampling technique, involving 231 students aged 19-23 years. Data on skipping breakfast were obtained through a questionnaire, body image data were collected using the Stunkard Scale, nutritional knowledge data were obtained using a validated and reliable nutritional knowledge questionnaire, and sleep quality data were collected using the Pittsburgh Sleep Quality Index (PSQI). Data were analyzed using the chi-square test. The prevalence of skipping breakfast at 53.7%. There was no significant relationship between body image (p-value = 1.000) and nutritional knowledge (p-value = 0.323) with skipping breakfast. However, a significant relationship was found between sleep quality (p-value = 0.022) with skipping breakfast. It can be concluded that there is no significant relationship between negative body image and low nutritional knowledge with skipping breakfast. However, there is a significant relationship between poor sleep quality with skipping breakfast. Further research with other variables that contribute to the skipping breakfast factor is recommended.

Keywords : Body Image, Nutritional Knowledge, Skipping Breakfast, Sleep Quality, Undergraduate Student