

HUBUNGAN AKTIFITAS FISIK, FREKUENSI KONSUMSI *ULTRA PROCESSED FOOD*, SERTA PENGETAHUAN, SIKAP DAN PERILAKU GIZI SEIMBANG DENGAN KEJADIAN BERAT BADAN LEBIH PADA PEGAWAI UPN “VETERAN” JAKARTA

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Abstrak

Merujuk laporan Survey Kesehatan Indonesia (SKI) pada tahun 2023, proporsi penduduk berusia diatas 18 tahun yang mengalami *overweight* di DKI Jakarta adalah 16,2% serta obesitas 31,8%. Angka ini terus meningkat jika dibandingkan dengan data Riskesdas Nasional tahun 2018 yaitu 15,6% *overweight* serta 29,8% obesitas. Penelitian ini ditujukan untuk mengidentifikasi hubungan antara kejadian berat badan lebih dengan aktifitas fisik, frekuensi konsumsi *Ultra Processed Food* (UPF), serta pengetahuan, sikap dan perilaku gizi seimbang pada pegawai UPN “Veteran” Jakarta. Pendekatan penelitian yang diterapkan dalam penelitian ini adalah *cross-sectional*. Responden dari penelitian ini merupakan 102 orang pegawai administrasi UPN “Veteran” Jakarta yang dipilih melalui teknik *stratified random sampling*. Data antropometri diperoleh melalui data sekunder *Medical Check Up*, menggunakan kuesioner *Physical Activity Level* (PAL) untuk data aktivitas fisik, data frekuensi konsumsi UPF menggunakan kuesioner SQ-FFQ, dan menggunakan kuesioner untuk data pengetahuan, sikap dan perilaku gizi seimbang. Data penelitian mengungkapkan bahwa sebagian besar pegawai UPN “Veteran” Jakarta memiliki status berat badan lebih (63.7%), tingkat aktifitas fisik yang ringan (78.4%), pengetahuan gizi seimbang kurang (78.4%), sikap gizi seimbang cukup (55.9%) dan perilaku gizi seimbang baik (49%) serta separuh (50%) responden sering mengkonsumsi UPF. Sedangkan hasil analisis bivariat dengan analisis *chi-square* mengungkapkan bahwa tidak ditemukan hubungan yang signifikan antara aktifitas fisik ($P = 0.214$), frekuensi konsumsi UPF ($P = 0.680$), pengetahuan gizi seimbang ($P = 0.214$), sikap gizi seimbang ($P = 0.306$), dan perilaku gizi seimbang ($P = 0.500$) dengan kejadian gizi lebih pada pegawai UPN “Veteran” Jakarta. Pihak UPN “Veteran” Jakarta diharapkan untuk dapat merancang berbagai program untuk menurunkan proporsi status berat badan lebih pada pegawai UPN “Veteran” Jakarta.

Kata Kunci : Berat Badan Lebih, Konsumsi *Ultra Processed Foods*, Aktifitas Fisik, Pengetahuan, Sikap dan Perilaku Gizi Seimbang

THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY, ULTRA PROCESSED FOOD CONSUMPTION FREQUENCY, AND BALANCED NUTRITION KNOWLEDGE, ATTITUDE AND BEHAVIOR WITH OVERWEIGHT INCIDENTS IN UPN “VETERAN” JAKARTA EMPLOYEES

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Abstract

Referring to the Survey Kesehatan Indonesia (SKI) report in 2023, the proportion of overweight population aged over 18 years in DKI Jakarta was 16.2% and obesity was 31.8%. This figure continues to increase when compared to the 2018 National Riskesdas data, which was 15.6% overweight and 29.8% obesity. This study aims to identify the relationship between the incidence of overweight and physical activity, frequency of consumption of Ultra Processed Food (UPF), and knowledge, attitudes and behavior of balanced nutrition among employees of UPN “Veteran” Jakarta. The research approach used in this study was cross-sectional. Respondents were 102 administrative employees of UPN "Veteran" Jakarta, selected using a stratified random sampling technique. Anthropometric data were obtained through secondary data from Medical Check Up, using the Physical Activity Level (PAL) questionnaire for physical activity data, UPF consumption frequency data using the SQ-FFQ questionnaire, and using a questionnaire for knowledge, attitudes and balanced nutrition behavior data. Research data reveals that most of the employees of UPN “Veteran” Jakarta have overweight status (63.7%), light physical activity level (78.4%), insufficient knowledge of balanced nutrition (78.4%), sufficient balanced nutrition attitude (55.9%) and good balanced nutrition behavior (49%) and half (50%) of respondents often consume UPF while the results of bivariate analysis using chi-square analysis revealed that there was no significant relationship between physical activity ($P = 0.214$), frequency of UPF consumption ($P = 0.680$), knowledge of balanced nutrition ($P = 0.214$), attitude towards balanced nutrition ($P = 0.306$), and behavior towards balanced nutrition ($P = 0.500$) with the incidence of overnutrition among UPN “Veteran” Jakarta employees. UPN “Veteran” Jakarta is expected to be able to design various programs to reduce the proportion of overweight status among UPN “Veteran” Jakarta employees.

Keywords : Overweight, Ultra Processed Foods Consumption, Physical Activity, Knowledge, Attitude and Behavior Towards Balanced Nutrition