

GAMBARAN LINGKAR PINGGANG, FREKUENSI MAKANAN BERISIKO, INTENSITAS *FOOD CRAVING*, DAN STATUS GIZI SEBELUM DAN SAAT PUASA RAMADHAN PADA MAHASISWA UPN "VETERAN" JAKARTA

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Abstrak

Survei Kesehatan Indonesia tahun 2023 melaporkan prevalensi obesitas pada orang dewasa di Indonesia mencapai 23,4%, sedangkan prevalensi obesitas sentral pada individu usia 15–24 tahun sebesar 16,2%. Salah satu faktor penyebabnya mungkin perubahan pola makan dan meningkatnya nafsu makan selama puasa Ramadhan. Penelitian ini bertujuan untuk mengetahui perbedaan dan hubungan lingkaran pinggang, frekuensi konsumsi makanan berisiko, intensitas *food craving*, dan status gizi sebelum dan selama puasa Ramadhan. Sebuah studi observasional dengan desain cross-sectional dan pendekatan kuantitatif dilakukan pada 106 mahasiswa aktif UPN "Veteran" Jakarta yang dipilih menggunakan purposive sampling. Data dikumpulkan sebelum dan selama Ramadan melalui pengukuran lingkaran pinggang dan indeks massa tubuh (BMI), Kuesioner Frekuensi Makanan (FFQ), dan Kuesioner *Food Craving Questionnaire* (FCQ-T). Analisis univariat dilakukan menggunakan statistik deskriptif, sedangkan analisis bivariat menggunakan uji t berpasangan dan uji Chi-square. Hasil penelitian menunjukkan bahwa sebagian besar mahasiswa memiliki status gizi normal; namun terjadi peningkatan BMI dan lingkaran pinggang berisiko selama Ramadan, disertai dengan peningkatan konsumsi makanan berisiko dan intensitas *food craving* yang lebih tinggi. Perbedaan signifikan ditemukan pada status gizi ($p=0,047$), konsumsi makanan manis ($p=0,049$), makanan asin ($p=0,034$), makanan berlemak ($p=0,002$), dan intensitas *food craving* ($p=0,040$), sedangkan lingkaran pinggang tidak menunjukkan perbedaan signifikan ($p=0,567$). Analisis bivariat mengungkapkan hubungan signifikan antara lingkaran pinggang, frekuensi konsumsi makanan berisiko, dan intensitas *food craving* dengan status gizi baik sebelum maupun selama puasa Ramadan ($p<0,05$). Kesimpulannya, terdapat perbedaan dan hubungan yang signifikan antara lingkaran pinggang, konsumsi makanan berisiko, dan keinginan makan dengan status gizi sebelum dan selama puasa Ramadan. Mahasiswa diimbau untuk memperhatikan asupan makanan mereka selama Ramadan, khususnya saat berbuka puasa, dengan mengonsumsi makanan yang tinggi serat dan rendah lemak serta gula.

Keywords: *Lingkaran pinggang, Konsumsi makanan berisiko, Food craving, Status gizi, Puasa ramadhan.*

***AN OVERVIEW OF WAIST CIRCUMFERENCE, RISKY FOOD
CONSUMPTION FREQUENCY, FOOD CRAVING INTENSITY,
AND NUTRITIONAL STATUS BEFORE AND DURING
RAMADHAN AMONG STUDENTS OF UPN “VETERAN”
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Abstract

The 2023 Indonesian Health Survey reported that the prevalence of obesity among adults in Indonesia reached 23.4%, while the prevalence of central obesity among individuals aged 15–24 years was 16.2%. One of the contributing factors may be changes in dietary patterns and increased food craving during Ramadan fasting. This study aimed to determine the differences and associations between waist circumference, frequency of risky food consumption, food craving intensity, and nutritional status before and during Ramadan fasting. An observational study with a cross-sectional design and quantitative approach was conducted among 106 active students of UPN “Veteran” Jakarta selected using purposive sampling. Data were collected before and during Ramadan through measurements of waist circumference and body mass index (BMI), the Food Frequency Questionnaire (FFQ), and the Food Craving Questionnaire-Trait (FCQ-T). Univariate analysis was performed using descriptive statistics, while bivariate analysis employed paired t-tests and Chi-square tests. The results showed that most students had normal nutritional status; however, there was an increase in BMI and at-risk waist circumference during Ramadan, accompanied by increased consumption of risky foods and higher food craving intensity. Significant differences were found in nutritional status ($p=0.047$), consumption of sweet foods ($p=0.049$), salty foods ($p=0.034$), fatty foods ($p=0.002$), and food craving intensity ($p=0.040$), whereas waist circumference showed no significant difference ($p=0.567$). Bivariate analysis revealed significant associations between waist circumference, frequency of risky food consumption, and food craving intensity with nutritional status both before and during Ramadan fasting ($p<0.05$). In conclusion, there were significant differences and associations between waist circumference, risky food consumption, and food craving with nutritional status before and during Ramadan fasting. Students are encouraged to pay attention to their dietary intake during Ramadan, particularly at iftar, by consuming foods high in fiber and low in fat and sugar.

Keywords: Food craving, Nutritional status, Ramadan fasting, Risky food, Waist circumference