

FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN PERILAKU DIET RESTRIKTIF PADA MAHASISWA UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” JAKARTA

Ainaya Zarsyifa

Abstrak

Perilaku diet restriktif adalah pembatasan asupan makanan untuk mengendalikan berat badan atau bentuk tubuh dan semakin banyak ditemukan pada remaja hingga dewasa muda seperti mahasiswa. Penelitian ini bertujuan menganalisis faktor-faktor yang berhubungan dengan perilaku diet restriktif pada mahasiswa Universitas Pembangunan Nasional “Veteran” Jakarta menggunakan desain observasional analitik dengan pendekatan *cross-sectional* pada 110 responden Angkatan 2022-2024 yang dipilih melalui *stratified random sampling*. Data dikumpulkan menggunakan kuesioner *Questionnaire for Screen Time of Adolescents* (QUEST), *Body Shape Questionnaire-16* (BSQ-16), *Perceived Stress Scale-10* (PSS-10), *Sleep Timing Questionnaire* (STQ), *International Physical Activity Questionnaire-Short Form* (IPAQ-SF), kuesioner pengetahuan gizi, dan *Dutch Eating Behavior Questionnaire-R* (DEBQ-R), serta pengukuran antropometri. Analisis univariat dan bivariat dilakukan menggunakan uji *Chi-Square* dan *Fisher’s Exact Test* ($\alpha=0,05$). Mayoritas responden perempuan (61,8%), berstatus gizi normal (62,7%), *screen time* sedang (50,0%), *body image* positif (60%), stres sedang (79,1%), durasi tidur kurang (97,3%), aktivitas fisik sedang (45,5%), pengetahuan gizi baik (69,1%), dan diet restriktif rendah (51,8%). Hasil bivariat menunjukkan hubungan signifikan antara *body image* ($p<0,001$), pengetahuan gizi ($p=0,023$), dan status gizi ($p<0,001$) dengan perilaku diet restriktif, sementara tingkat *screen time* ($p=0,540$), tingkat stres ($p=0,608$), durasi tidur ($p=0,109$), dan aktivitas fisik ($p=0,916$) tidak signifikan.

Kata Kunci: *Body Image*, Diet Restriktif, Pengetahuan Gizi, Status Gizi

FACTORS ASSOCIATED WITH RESTRICTIVE DIETARY BEHAVIOR AMONG STUDENTS OF UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” JAKARTA

Ainaya Zarsyifa

Abstract

Restrictive dietary behavior involves limiting food intake to control body weight or shape and is increasingly common among adolescents and young adults. This study analyzed factors associated with restrictive dietary behavior among Universitas Pembangunan Nasional "Veteran" Jakarta's students using an analytical *cross-sectional* design with 110 respondents (2022–2024 cohorts) selected via *stratified random sampling*. Data were collected using the *Questionnaire for Screen Time of Adolescents* (QUEST), *Body Shape Questionnaire-16* (BSQ-16), *Perceived Stress Scale-10* (PSS-10), *Sleep Timing Questionnaire* (STQ), *International Physical Activity Questionnaire-Short Form* (IPAQ-SF), a nutrition knowledge questionnaire, the *Dutch Eating Behavior Questionnaire-Restraint* (DEBQ-R), and anthropometric measurements. Univariate and bivariate analyses used *Chi-Square* and *Fisher's Exact* tests ($\alpha=0.05$). Most respondents were female (61.8%), had normal nutritional status (62.7%), moderate screen time (50.0%), positive body image (60%), moderate stress (79.1%), short sleep duration (97.3%), moderate physical activity (45.5%), good nutrition knowledge (69.1%), and low restrictive dietary behavior (51.8%). Significant associations were found between body image ($p<0.001$), nutrition knowledge ($p=0.023$), and nutritional status ($p<0.001$) with restrictive dietary behavior, while time screen ($p=0.540$), stress level ($p=0.608$), sleep duration ($p=0.109$), and physical activity ($p=0.916$) showed no significant association.

Keywords: Body Image, Diet Restriction, Nutrition Knowledge, Nutritional Status