

HUBUNGAN POLA MAKAN, AKTIVITAS FISIK, DAN DURASI TIDUR DENGAN KEJADIAN GIZI LEBIH PADA MAHASISWA FAKULTAS ILMU KESEHATAN UPN VETERAN JAKARTA

Indy Surya Putri

Abstrak

Status gizi lebih pada mahasiswa kesehatan masih ditemukan pada beberapa penelitian di beberapa perguruan tinggi. Penelitian ini bertujuan untuk mengetahui hubungan antara pola makan, aktivitas fisik, dan durasi tidur dengan kejadian gizi lebih pada mahasiswa Fakultas Ilmu Kesehatan UPN Veteran Jakarta. Penelitian ini menggunakan desain *cross-sectional* dan teknik *purposive sampling* dengan sampel sebanyak 62 responden. Data antropometri didapatkan melalui *self-reported* responden, pola makan didapatkan melalui FFQ, data aktivitas fisik menggunakan kuesioner Baecke (1992), sedangkan durasi tidur menggunakan STQ (2012). Analisis hubungan dilakukan dengan menggunakan uji *chi-square* dan menunjukkan hasil ada hubungan antara pola makan kategori makanan pokok dengan kejadian gizi lebih ($p = 0.016$). Tidak ada hubungan antara pola makan (protein hewani ($p = 1.00$), protein nabati ($p = 0.08$), sayur ($p = 0.99$), buah ($p = 0.88$), minuman manis ($p = 0.97$), *fast food* ($p = 0.26$)), aktivitas fisik ($p = 0.95$), dan durasi tidur ($p = 0.73$) dengan kejadian gizi lebih pada mahasiswa Fakultas Ilmu Kesehatan UPN Veteran Jakarta. Pola makan sesuai dengan pedoman gizi seimbang, peningkatan aktivitas fisik, dan durasi tidur cukup disarankan agar dapat menekan angka kejadian gizi lebih.

Kata Kunci : Gizi Lebih, Pola Makan, Aktivitas Fisik, dan Durasi Tidur

RELATIONSHIP OF EATING PATTERNS, PHYSICAL ACTIVITIES, AND SLEEP DURATION WITH OVER NUTRITION IN STUDENT AT FACULTY OF HEALTH SCIENCE OF UPN VETERAN JAKARTA

Indy Surya Putri

Abstract

The prevalence of being overweight in Indonesia based on Riskesdas 2007 - 2018 continues to increase. More nutritional status in health students is still found in several studies in several universities. This study aims to determine the relationship between eating patterns, physical activity, and sleep duration with the occurrence of over nutrition in Faculty of Health Science of UPN Veteran Jakarta students. This study uses a cross-sectional design and purposive sampling technique with a sample of 62 respondents. Anthropometric data obtained through self-reported respondents, eating patterns obtained through FFQ, physical activity data using the Baecke questionnaire (1992), sleep duration using STQ (2012). Relationship analysis was performed using the chi-square test and showed the results that there was a relationship between eating patterns of staple food categories with the incidence of over nutrition ($p = 0.016$). There was no relationship between diet (animal protein ($p = 1.00$), vegetable protein ($p = 0.08$), vegetables ($p = 0.99$), fruit ($p = 0.88$), sweet drinks ($p = 0.97$), fast food ($p = 0.26$)), physical activity ($p = 0.95$), and duration of sleep ($p = 0.73$) with the occurrence of over nutrition in Faculty of Health Science of UPN Veteran Jakarta students. Eating patterns in accordance with the guidelines for balanced nutrition, increased physical activity, and adequate sleep duration are recommended in order to reduce the number of over nutrition.

Keywords: Over nutrition, Eating Patterns, Physical Activity, and Sleep Duration