

**HUBUNGAN POLA TIDUR DENGAN ASUPAN MAKAN MAHASISWA
FAKULTAS KEDOKTERAN, KESEHATAN MASYARAKAT, DAN
KEPERAWATAN UNIVERSITAS GADJAH MADA SAAT PANDEMI COVID-19**

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INTISARI

Latar Belakang: kondisi pandemi COVID-19 mengakibatkan kegiatan belajar dan mengajar (KBM) dikonversi menjadi daring, adanya pembatasan sosial, serta keadaan ketidakpastian akan berakhirnya pandemi mempengaruhi buruknya pola tidur mahasiswa kesehatan. Gangguan tidur yang dialami oleh mahasiswa akan berdampak pada peningkatan asupan makan. Kemudian, permasalahan ini akan mempengaruhi perubahan status gizi serta imunitas mahasiswa yang mana sangat dibutuhkan untuk mencegah penularan virus COVID-19.

Tujuan: Mengetahui hubungan antara pola tidur dan asupan makan mahasiswa FK-KMK UGM saat pandemi COVID-19.

Metode: Penelitian ini adalah penelitian observasional analitik dengan desain *cross-sectional*. Subjek penelitian ini adalah mahasiswa tingkat sarjana FK-KMK dengan kriteria inklusi dan eksklusi dengan jumlah responden 233 orang diambil secara *purposive sampling*. Pola tidur (kuantitas dan kualitas) diukur dengan PSQI dan asupan makan dengan SQ-FFQ melalui *platform Google form*. Uji statistik yang digunakan adalah uji *spearman correlation*.

Hasil: Mayoritas responden memiliki kualitas tidur yang buruk (77,25%) dan durasi tidur pendek (75,97%). Kemudian, ditemukan bahwa mahasiswa memiliki asupan energi kurang (39,06%), karbohidrat kurang (44,64%), lemak kurang (42,06%), dan protein berlebih (46,78%). Berdasarkan uji statistik, tidak ditemukan hubungan yang signifikan antara variabel pola tidur dan asupan makan mahasiswa ($p > 0,05$). Kemudian, ditemukan semakin buruk pola tidur semakin meningkat konsumsi energi. Semakin buruk kualitas tidur semakin meningkat asupan karbohidrat serta semakin pendek durasi tidur semakin menurun konsumsi protein.

Kesimpulan: Tidak adanya hubungan antara variabel pola tidur buruk secara kualitas dan kuantitas dengan peningkatan asupan makan mahasiswa secara statistik. Kemudian, ditemukan semakin buruk pola tidur semakin meningkat konsumsi energi. Semakin buruk kualitas tidur semakin meningkat asupan karbohidrat serta semakin pendek durasi tidur semakin menurun konsumsi protein.

Kata kunci: pola tidur, PSQI, asupan makan, SQ-FFQ, Mahasiswa, COVID-19

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**THE RELATIONSHIP BETWEEN SLEEP PATTERN AND DIETARY INTAKE IN
UNDERGRADUATE STUDENT OF MEDICAL, PUBLIC HEALTH, AND
NURSING FACULTY GADJAH MADA UNIVERSITY DURING PANDEMIC
COVID-19**

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ABSTRACT

Background: COVID-19 pandemic situation has resulted in the conversion of teaching and learning activities to online, the existence of social, and uncertainty condition that affect on sleep in health science undergraduate student negatively. Sleep disturbance would impact on increasing dietary intake in student. Furthermore, this case predispose nutritional status and immunity which required to prevent the COVID-19 virus transmission.

Purpose: To determine the relationship between sleep pattern to dietary intake in undergraduate student of Medical, Public Health, and Nursing Faculty Gadjah Mada University

Methods: This study was an analytic observational study with a cross-sectional design. This study conducted involving 233 undergraduate students who were included in the inclusion and exclusion criteria. The subjects were taken purposively. Sleep patterns (quantity and quality) were measured by PSQI and dietary intake by SQ-FFQ via the Google form platform. The statistical test used was the spearman correlation.

Results: The majority of respondents had poor sleep quality (77,25%), short sleep duration (75,95%). The students had less energy intake (39.06%), less carbohydrates (44.64%), less fat (42.06%), and excess protein (46.78%). on statistical tests, no significant correlation was found between the variables of sleep patterns and students' dietary intake ($p > 0.05$). Then, it was found that the worse the sleep pattern, the higher the energy consumption. The worse the sleep quality, the higher the carbohydrate intake and the shorter the sleep duration, the lower the protein consumption.

Conclusion: There is no correlation between the variables of poor sleep patterns in quality and quantity with an increase in student's dietary intake statistically. Then, it was found that the worse the sleep pattern, the higher the energy consumption. The worse the sleep quality, the higher the carbohydrate intake and the shorter the sleep duration, the lower the protein consumption.

Keywords: sleep pattern, PSQI, dietary intake, SQ-FFQ, Student, COVID-19

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