

## **HUBUNGAN STRES DENGAN STATUS GIZI MAHASISWA FAKULTAS KEDOKTERAN, KESEHATAN MASYARAKAT, DAN KEPERAWATAN UNIVERSITAS GADJAH MADA SAAT PANDEMI COVID-19**

Monica Agustina<sup>1</sup>, Bernadette Josephine Istiti Kandarina<sup>2</sup>, Emy Huriyati<sup>3</sup>

### **INTISARI**

**Latar Belakang** : Pandemi COVID-19 berdampak pada kebijakan baru berupa *physical distancing*, Pembatasan Sosial Berskala Besar (PSBB), serta belajar dari rumah (*study from home*) berpotensi memicu stres dan meningkatkan perilaku sedenter pada mahasiswa. Stres dapat menyebabkan perubahan pola makan dan penurunan aktivitas fisik yang akan berpengaruh terhadap status gizi individu. Status gizi tidak optimal meningkatkan risiko hipertensi, sindrom metabolik, penyakit jantung, dan diabetes.

**Tujuan** : Mengetahui hubungan stres dengan status gizi mahasiswa FK-KMK UGM saat pandemi COVID-19.

**Metode** : Desain penelitian ini adalah *cross-sectional*. Subjek penelitian ini merupakan mahasiswa FK-KMK UGM yang telah memenuhi kriteria inklusi dan eksklusi yang dipilih dengan teknik *purposive sampling* sejumlah 106 responden. Penelitian dilaksanakan pada Desember 2021 - April 2022. Stres diukur dengan kuesioner DASS-42 dan aktivitas fisik dengan kuesioner IPAQ-SF melalui platform *Google Form*, sedangkan status gizi (indeks massa tubuh dan persen lemak tubuh) diukur menggunakan pengukuran antropometri. Analisis statistik yang digunakan yaitu uji korelasi spearman.

**Hasil** : Mayoritas mahasiswa tidak stres (71,7%), beraktivitas ringan (50,9%), berdasarkan indeks massa tubuh normal (57,5%) dan status gizi berdasarkan persen lemak tubuh normal (50,9%). Berdasarkan hasil analisis statistik, tidak ditemukan hubungan yang signifikan antara stres dengan status gizi ( $p>0.05$ ), stres dengan aktivitas fisik ( $p>0.05$ ), dan aktivitas fisik dengan status gizi ( $p>0,05$ ) pada mahasiswa FK-KMK UGM saat pandemi COVID-19.

**Kesimpulan** : Pada penelitian ini, tidak ada hubungan antara stres dengan status gizi mahasiswa FK-KMK UGM saat pandemi COVID-19.

**Kata kunci** : stres, status gizi, indeks massa tubuh, persen lemak tubuh, mahasiswa, COVID-19

<sup>1</sup>Mahasiswa Program Studi Gizi Kesehatan FK-KMK UGM

<sup>2</sup>Dosen Program Studi Ilmu Kesehatan Masyarakat FK-KMK UGM

<sup>3</sup>Dosen Program Studi Gizi Kesehatan FK-KMK UGM

## **THE CORRELATION BETWEEN STRESS AND NUTRITIONAL STATUS AMONG COLLEGE STUDENTS IN FACULTY OF MEDICINE, PUBLIC HEALTH AND NURSING GADJAH MADA UNIVERSITY DURING COVID-19 PANDEMIC**

Monica Agustina<sup>1</sup>, Bernadette Josephine Istiti Kandarina<sup>2</sup>, Emy Huriyati<sup>3</sup>

### **ABSTRACT**

**Background:** The COVID-19 pandemic has impacted on new policies in the form of physical distancing, Large-Scale Social Restrictions (PSBB), and study from home which have the potential to trigger stress and increase sedentary behavior in college students. Stress can cause changes in diet and decrease in physical activity which will affect the nutritional status of individuals. Suboptimal nutritional status increases the risk of hypertension, metabolic syndrome, heart disease, and diabetes.

**Objective:** To determine the correlation between stress and nutritional status among college students in FK-KMK UGM during the COVID-19 pandemic.

**Methods:** The design of this study was cross-sectional. The subjects of this research are FK-KMK UGM students who have met the inclusion and exclusion criteria selected by purposive sampling technique with 106 respondents. The research was conducted in December 2021 - April 2022. Stress was measured by DASS-42 questionnaire and physical activity by IPAQ-SF questionnaire via Google Form platform, while nutritional status (body mass index dan percent body fat) was measured using anthropometric measurements. Statistical analysis used is the spearman correlation test.

**Results:** The majority of students were not stressed (71.7%), had light activities (50.9%), had normal nutritional status based on body mass index (57.5%) and normal nutritional status based on body fat percent (50.9%). Based on the results of statistical analysis, there was no significant correlation between stress and nutritional status ( $p>0.05$ ), stress and physical activity ( $p>0.05$ ), and physical activity with nutritional status ( $p>0.05$ ) in FK-KMK UGM students during the COVID-19 pandemic.

**Conclusion:** In this study, there was no correlation between stress and nutritional status of FK-KMK UGM among college students during the COVID-19 pandemic.

**Keywords:** stress, nutritional status, body mass index, percent body fat, college students, COVID-19

<sup>1</sup>Student of Health Nutrition FK-KMK UGM

<sup>2</sup>Lecturer of Public Health FK-KMK UGM

<sup>3</sup>Lecturer of Health Nutrition FK-KMK UGM