

INTISARI

HUBUNGAN FREKUENSI PENGGUNAAN LAYANAN PESAN ANTAR MAKANAN DENGAN ASUPAN GULA, GARAM, DAN LEMAK (GGL) PADA MAHASISWA UGM SELAMA PANDEMI COVID-19

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Latar belakang: Perkembangan teknologi mendorong perubahan, salah satunya adalah perkembangan layanan pesan antar makanan. Layanan tersebut mempermudah pembeli khususnya saat pandemi COVID-19. Mahasiswa menjadi salah satu pengguna layanan tersebut. Akan tetapi, jenis makanan yang tersedia sebagian besar memiliki nilai gizi yang rendah.

Tujuan: Mengetahui adanya hubungan antara frekuensi penggunaan layanan pesan antar makanan dengan asupan gula, garam, dan lemak pada mahasiswa Universitas Gadjah Mada (UGM).

Metode: Penelitian ini merupakan penelitian data sekunder dan bagian dari penelitian utama, yaitu penelitian observasional dengan desain penelitian *cross-sectional*. Penelitian melibatkan 100 mahasiswa UGM jenjang diploma dan sarjana. Sampel diambil dengan teknik *proportionate stratified random sampling*. Uji statistik korelasi yang digunakan adalah uji *Chi-Square*.

Hasil: Sebagian besar subjek jarang menggunakan layanan pesan antar makanan (54%), serta memiliki asupan gula lebih (53%), natrium cukup (88%), dan lemak cukup (61%). Hasil uji *Chi-Square* menunjukkan tidak ada hubungan antara frekuensi penggunaan layanan pesan antar makanan dengan asupan gula ($p=0,247$, $p>0,005$) dan asupan natrium ($p=1,000$, $p>0,005$). Sementara itu, terdapat hubungan antara frekuensi penggunaan layanan pesan antar makanan dengan asupan lemak ($p=0,022$, $p<0,005$).

Kesimpulan: Tidak ada hubungan yang signifikan antara frekuensi penggunaan layanan pesan antar makanan dengan asupan gula dan asupan natrium, tetapi ada hubungan yang signifikan dengan asupan lemak.

Kata kunci: penggunaan layanan pesan antar makanan, asupan gula, asupan natrium, asupan lemak, mahasiswa

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ABSTRACT

CORRELATION BETWEEN FREQUENCY OF FOOD DELIVERY SERVICES USAGE WITH SUGAR, SALT, AND FAT INTAKE AMONG UGM STUDENTS DURING THE COVID-19 PANDEMIC

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Background: Technology advancement leads to transformation, such as the development of food delivery services. These services facilitate easier access for consumer, particularly in the COVID-19 pandemic. Students have become one of the services user. Meanwhile, a considerable part of the variety of food available have low nutritional value.

Objective: Determine the correlation between frequency of food delivery services usage with sugar, salt, and fat intake among Universitas Gadjah Mada (UGM) students.

Methods: This study used secondary data and is a part of the main study that was an observational study with a cross-sectional design. The study involved 100 diploma and undergraduate students in UGM. Sampling was conducted with proportionate stratified random sampling techniques. The statistical test used to analyze correlation was Chi-Square test.

Results: Most of the subjects rarely used online food delivery services (54%), also had higher sugar intake (53%), adequate sodium intake (88%), and adequate fat intake (61%). The results of the Chi-Square test showed no relationship between frequency of food delivery services usage with sugar intake ($p=0.247$, $p>0.005$) and sodium intake ($p=1.000$, $p>0.005$). However, there was a relationship between frequency of food delivery services usage with fat intake ($p=0.022$, $p<0.005$).

Conclusion: There is no significant relationship between frequency of food delivery services usage with sugar intake and sodium intake, although there is a significant relationship between with fat intake.

Keywords: online food delivery usage, sugar intake, salt intake, fat intake, college students

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