

INTISARI

HUBUNGAN PENGGUNAAN APLIKASI PESAN ANTAR MAKANAN DARING DENGAN ASUPAN SERAT DAN PERUBAHAN BERAT BADAN PADA MAHASISWA UNIVERSITAS GADJAH MADA SELAMA PANDEMI COVID-19

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Latar Belakang: Pandemi COVID-19 menyebabkan perubahan gaya hidup masyarakat yang lebih banyak memanfaatkan jasa serba daring, termasuk untuk mengakses makanan. Penggunaan aplikasi pesan antar makanan daring pada mahasiswa dapat berdampak pada perilaku konsumsi, baik secara positif maupun negatif. **Tujuan:** Mengetahui hubungan penggunaan aplikasi pesan antar makanan yang dilihat dari aspek frekuensi penggunaannya serta jenis makanan yang sering dipesan dengan asupan serat dan perubahan berat badan pada responden selama pandemi COVID-19. **Metode:** Penelitian dilakukan secara observasional dengan desain *cross-sectional*. Pengambilan data dilaksanakan secara daring menggunakan *Google form* dengan melibatkan 76 responden mahasiswa aktif Universitas Gadjah Mada. Pengambilan sampel dilakukan menggunakan metode *cluster sampling* berdasarkan asal kluster program studi. Uji *Chi-square* dilakukan untuk melakukan analisis bivariat. **Hasil:** Mayoritas responden tergolong sering menggunakan aplikasi pesan antar makanan (61,8%) dan paling sering memesan hidangan sepiringan atau paket nasi dengan lauk dan sayur (47,4%). Sebagian besar responden memiliki asupan serat yang rendah (84,2%) dan mayoritas di antaranya mengalami peningkatan berat badan selama pandemi COVID-19 (53,9%). Frekuensi penggunaan aplikasi pesan antar makanan daring berhubungan dengan perubahan berat badan (*p-value*: 0,011 & OR: 1,446), tetapi tidak berhubungan dengan asupan serat responden (*p-value*: 0,307 & OR: 0,487). Jenis makanan yang sering dipesan melalui aplikasi berhubungan dengan asupan serat responden (*p-value*: 0,013), namun tidak berhubungan dengan perubahan berat badan responden (*p-value*: 0,474). Tidak ada hubungan antara asupan serat dengan perubahan berat badan responden (*p-value*: 0,558 & OR: 1,667). **Kesimpulan:** Terdapat hubungan antara frekuensi penggunaan aplikasi pesan antar makanan daring dengan perubahan berat badan responden dan terdapat hubungan antara jenis makanan yang sering dipesan melalui aplikasi pesan antar makanan daring dengan asupan serat responden mahasiswa Universitas Gadjah Mada selama pandemi COVID-19.

Kata Kunci: penggunaan aplikasi pesan antar makanan daring, asupan serat, perubahan berat badan, mahasiswa, pandemi COVID-19

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ABSTRACT

USE OF ONLINE FOOD DELIVERY SERVICES AND ITS ASSOCIATION WITH DIETARY FIBER INTAKE AND BODY WEIGHT CHANGES IN STUDENTS OF UNIVERSITAS GADJAH MADA DURING COVID-19

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Background: The COVID-19 pandemic has led to many online services optimizations, including online food delivery (OFD) services. OFD use among university students could affect their eating behavior, either positively or negatively. **Objective:** Determine the association between OFD use based on the frequency of usage & the types of foods that were ordered most frequently, and dietary fiber intake & body weight changes of Universitas Gadjah Mada students during COVID-19. **Methods:** This study was conducted observationally using a cross-sectional study design. Data collection was performed online using Google form, involving 76 Universitas Gadjah Mada students. The sampling method used was cluster sampling based on the participants' major. Chi-square tests were used to perform bivariate analysis. **Result:** Majority of the participants often used OFD (61.8%) and usually ordered a one dish meal or a meal package that consists of rice, protein, and vegetables (47.4%). Many participants had low dietary fiber intake (84.2%) and the majority of them experienced weight gain during COVID-19 (53.9%). The frequency of OFD use was associated with body weight changes (p-value: 0.011 & OR: 1.446), but it was not significantly correlated with dietary fiber intake (p-value: 0.307 & OR: 0.487). The types of food that were ordered most were associated with the participants' dietary fiber intake (p-value: 0.013); but were not associated with body weight changes (p-value: 0.474). There was not any correlation between dietary fiber intake and body weight changes (p-value: 0.558 & OR: 1.667). **Conclusion:** A correlation was found between the frequency of OFD use and body weight changes. There was also a correlation between the types of food that were most frequently ordered through OFD with dietary fiber intake among Universitas Gadjah Mada students during COVID-19.

Keywords: online food delivery use, dietary fiber intake, body weight changes, university students, COVID-19

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