

ABSTRACT

STUDY OF THE RELATIONSHIP OF FRUIT AND VEGETABLE INTAKE ON THE MENTAL HEALTH OF FK-KMK UGM UNDERGRADUATE FEMALE STUDENTS

Nandini Mahira Putri¹, Harry Freitag Luglio Muhammad², Yayi Suryo Prabandari³

Background: Mental health is an important issue in society. Mental health is influenced by various factors, one of them is nutrition and food. Several studies state that certain nutrients such as vitamins and minerals contained in fruits and vegetables can affect the nervous system and brain. Optimizing nutritional intake through consumption of fruit and vegetables is believed to be able to help individuals maintain their mental health.

Objective: This study aims to determine the relationship between the level of fruit and vegetable intake and the description of mental health (depression, anxiety, and stress scale) in a sample of FK-KMK UGM undergraduate female students.

Method: This research is an observational study with a cross-sectional design. Sampling was done by purposive sampling. The research subjects were 88 undergraduate students of FK-KMK UGM. Data was collected using SQFFQ interviews to assess fruit and vegetable intake levels and using the DASS-21 questionnaire to assess levels of depression, anxiety and stress as a description of mental health. Statistical analysis used the Spearman Rank Correlation test to see the strength of the relationship between 2 variables (fruit and vegetable intake with depression, anxiety, and stress scales).

Results: As many as 51.1% of the total subjects had a good level of fruit and vegetable intake. Most of the subjects did not experience depression, anxiety and stress. Statistically, there is a relationship between fruit and vegetable intake and the depression and anxiety scale, but there is no relationship between fruit and vegetable intake and the stress scale.

Conclusion: It was concluded that there is a relationship between fruit and vegetable intake and depression and anxiety scales. The direction of the relationship is negative (not unidirectional), which means that high fruit and vegetable intake is associated with a lower incidence of depression and anxiety and vice versa.

Keywords: nutrition, fruit, vegetables, mental health.

¹Health Nutrition Undergraduate Student

²Lecturer of Health Nutrition Department FK-KMK UGM

³Lecturer of Faculty of Medicine, Public Health, and Nursing Gadjah Mada University

INTISARI

STUDI HUBUNGAN ASUPAN BUAH DAN SAYUR TERHADAP KESEHATAN MENTAL MAHASISWI S1 FK-KMK UGM

Nandini Mahira Putri¹, Harry Freitag Luglio Muhammad², Yaiy Suryo Prabandari³

Latar Belakang: Kesehatan mental menjadi salah satu isu penting di masyarakat. Kesehatan mental dipengaruhi oleh berbagai faktor, salah satunya yaitu faktor gizi dan makanan. Beberapa studi menyatakan bahwa zat gizi tertentu seperti vitamin dan mineral yang terkandung dalam buah dan sayur mampu mempengaruhi sistem saraf dan otak. Pengoptimalan asupan gizi melalui konsumsi buah sayur dipercaya dapat membantu individu dalam menjaga kesehatan mentalnya.

Tujuan: Studi ini bertujuan untuk mengetahui hubungan antara tingkat asupan buah sayur dengan gambaran kesehatan mental (skala depresi, kecemasan, dan stres) pada sampel mahasiswa S1 FK-KMK UGM.

Metode: Penelitian ini merupakan studi observasional dengan desain *cross-sectional*. Pengambilan sampel dilakukan dengan *purposive sampling*. Subjek penelitian yaitu 88 mahasiswa S1 FK-KMK UGM. Pengambilan data dilakukan dengan wawancara SQFFQ untuk menilai tingkat asupan buah dan sayur serta menggunakan instrumen kuesioner DASS-21 untuk menilai tingkat depresi, kecemasan, dan stres sebagai gambaran kesehatan mental. Analisis statistik menggunakan uji Korelasi Rank Spearman untuk melihat kekuatan hubungan antara 2 variabel (asupan buah sayur dengan skala depresi, kecemasan, dan stres).

Hasil: Sebanyak 51,1% dari total subjek memiliki tingkat asupan buah sayur yang baik. Sebagian besar subjek tidak mengalami depresi, kecemasan, dan stres. Secara statistik terdapat hubungan antara asupan buah sayur dengan skala depresi dan kecemasan namun tidak terdapat hubungan antara asupan buah sayur dengan skala stres.

Kesimpulan: Disimpulkan bahwa terdapat hubungan antara asupan buah sayur dengan skala depresi dan kecemasan. Arah hubungan negatif (tidak searah) yang berarti tingginya asupan buah sayur berkaitan dengan rendahnya tingkat kejadian depresi dan kecemasan begitu pula sebaliknya.

Kata kunci: gizi, buah, sayur, kesehatan mental.

¹Mahasiswa Gizi Kesehatan FK-KMK UGM

²Dosen Gizi Kesehatan FK-KMK UGM

³Dosen FK-KMK UGM