

## EFEKTIVITAS PROGRAM PENURUNAN BERAT BADAN BERBASIS DIGITAL “OBi-MOBi” TERHADAP BERAT BADAN PADA INDIVIDU DEWASA DENGAN OBESITAS-KEGEMUKAN

### INTISARI

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**Latar belakang:** Obesitas merupakan penyebab penyakit kronik terbesar di dunia pada orang dewasa. Rekomendasi utama dalam penanganan obesitas adalah perawatan individual ke arah perbaikan pola hidup, mencakup perubahan perilaku makan dan aktivitas fisik. Nutrisionis dan dietisien merupakan profesional kesehatan yang paling diutamakan untuk menangani masalah obesitas dengan memberikan asuhan gizi serta edukasi dan konseling kepada individu. Teknologi berbasis digital berpotensi untuk mendukung jalannya konseling gizi konvensional. Program “OBi-MOBi” merupakan program berbasis digital yang dirancang untuk melengkapi kekurangan-kekurangan dari implementasi konseling gizi konvensional. Sebagai program penurunan berat badan yang baru dikembangkan, efektivitas program ini perlu diuji. **Tujuan:** Mengetahui efektivitas program penurunan berat badan berbasis digital (OBi-MOBi) terhadap penurunan berat badan individu dewasa dengan kegemukan dan obesitas. **Metode:** Penelitian ini merupakan penelitian eksperimental semu (*quasi experimental*) dengan desain *non-equivalent control group design* yang membandingkan berat badan peserta kelompok kontrol dan intervensi sebelum dan sesudah dilakukan perlakuan. Sejumlah 24 peserta kelompok kontrol mendapatkan konseling gizi daring dan 24 peserta kelompok intervensi mendapatkan konseling gizi daring ditambah dengan program OBi-MOBi selama 30 hari. **Hasil:** Rata-rata berat badan subjek pada kelompok kontrol dan kelompok intervensi keduanya mengalami penurunan yang signifikan berdasarkan nilai alpha 5% atau tingkat kepercayaan 95% ( $p = 0,013$ ;  $p = 0,003$ ). Pada kelompok intervensi terjadi penurunan berat badan yang lebih besar ( $-1,23 \pm 0,36$  kg) dibandingkan dengan kelompok kontrol ( $-1,09 \pm 0,41$  kg). Namun, perbedaan antara keduanya tidak signifikan secara statistik ( $p = 0,809$ ). **Kesimpulan:** Konseling gizi disertai program OBi-MOBi berpengaruh terhadap penurunan berat badan tetapi tidak lebih efektif dibandingkan konseling gizi saja tanpa program OBi-MOBi.

**Kata Kunci:** Obesitas, Kegemukan, Program Penurunan Berat Badan, Berat Badan

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## EFFECTIVITY OF DIGITAL-BASED WEIGHT LOSS PROGRAM "OBi-MOBi" ON BODY WEIGHT IN OVERWEIGHT AND OBESE ADULTS

### ABSTRACT

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**Background:** Obesity is the leading cause of chronic diseases in the world for adults. The main approach for obesity management is individual care towards lifestyle improvement, including changes in eating behavior and physical activity. Among other health professionals, nutritionists and dietitians are the most qualified to provide nutritional care as well as education and counseling to individuals to treat obesity. Digital-based technologies have the potential to support and improve the quality of conventional nutritional counseling. The "OBi-MOBi" program is a digital-based program designed to complement the shortcomings in the implementation of conventional nutritional counseling. As a newly developed weight loss program, the effectiveness of this program needs to be tested. **Objective:** To determine the effectiveness of a digital-based weight loss program (OBi-MOBi) on weight loss in obese and overweight adult individuals. **Methods:** This study is a quasi-experimental research with a non-equivalent control group design that analyses the weight change present in the control and intervention groups before and after treatment. A total of 24 participants in the control group received online nutritional counseling and 24 participants in the intervention group received online nutritional counseling plus the OBi-MOBi program for 30 days. **Results:** The average weight of subjects in both the control and intervention groups both experienced a significant decrease based on the alpha value of 5% or a 95% confidence level ( $p = 0.013$ ;  $p = 0.003$ ). In the intervention group, there was a greater weight loss ( $-1.23 \pm 0.36$  kg) compared to the control group ( $-1.09 \pm 0.41$  kg). However, the difference between the two was not statistically significant ( $p = 0.809$ ). **Conclusion:** Nutritional counseling accompanied by the OBi-MOBi program is not significantly more effective in reducing weight compared to nutritional counselling without the OBi-MOBi program.

**Keywords:** Obesity, Overweight, Weight Loss Program, Body Weight

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