

ABSTRAK

HUBUNGAN SINDROM MAKAN MALAM DENGAN STATUS GIZI PADA MAHASISWA UNIVERSITAS GADJAH MADA

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Latar Belakang: Sindrom makan malam merupakan gangguan perilaku makan yang ditandai dengan tidak sarapan, makan banyak pada malam hari, dan gangguan tidur. Sindrom ini semakin umum terjadi di kalangan remaja dan dewasa termasuk mahasiswa di Indonesia, dengan prevalensi lebih dari 50%. Selain itu, tingginya angka kegemukan pada usia 20-24 tahun sebagian disebabkan oleh pola makan yang berlebihan pada malam hari. **Tujuan:** Penelitian ini bertujuan untuk mengetahui gambaran kejadian sindrom makan malam, gambaran status gizi, dan hubungan sindrom makan malam dengan status gizi pada mahasiswa Universitas Gadjah Mada. **Metode:** Penelitian ini merupakan penelitian dengan rancangan *cross-sectional* yang melibatkan 100 mahasiswa Universitas Gadjah Mada. Subjek penelitian diperoleh melalui teknik kuota sampling. Data sindrom makan malam diperoleh melalui pengisian kuesioner dan data status gizi diperoleh melalui pengukuran langsung. **Hasil penelitian:** Sebanyak 19% mahasiswa memiliki status gizi gemuk dan 42% mahasiswa mengalami sindrom makan malam. Hasil uji *Chi-square* menunjukkan bahwa terdapat hubungan signifikan antara sindrom makan malam dengan status gizi pada mahasiswa Universitas Gadjah Mada ($p=0,002$). **Kesimpulan:** Terdapat hubungan sindrom makan malam dengan status gizi pada mahasiswa Universitas Gadjah Mada.

Kata Kunci: Sindrom Makan Malam, Status Gizi, Mahasiswa

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ABSTRACT

THE RELATIONSHIP BETWEEN NIGHT EATING SYNDROME AND NUTRITIONAL STATUS AMONG STUDENTS AT GADJAH MADA UNIVERSITY

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Background: Night eating syndrome is an eating behavior disorder characterized by skipping breakfast, eating heavily at night, and experiencing sleep disturbances. This syndrome is increasingly common among teenagers and adults, including university students in Indonesia, with a prevalence of over 50%. Additionally, the high rate of obesity among those aged 20-24 is partly due to excessive nighttime eating habits. **Objective:** This study aims to describe the incidence of night eating syndrome, the nutritional status, and the relationship between night eating syndrome and nutritional status among students at Gadjah Mada University. **Methods:** This research was a cross-sectional study involving 100 students from Gadjah Mada University. Subjects were obtained through quota sampling techniques. Data on night eating syndrome were collected through a questionnaire, and nutritional status data were obtained through direct measurements. **Results:** Of the participants, 19% were classified as overweight and 42% exhibited night eating syndrome. Chi-square tests indicated a significant relationship between night eating syndrome and nutritional status among Gadjah Mada University students ($p=0.002$). **Conclusion:** There is a relationship between night eating syndrome and nutritional status among students at Gadjah Mada University.

Keywords: Night Eating Syndrome, Nutritional Status, Students

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