

## HUBUNGAN AKTIVITAS FISIK DAN STATUS GIZI TERHADAP PERILAKU MAKAN PENYANDANG DIABETES MELITUS TIPE 2 DI KABUPATEN SLEMAN

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### ABSTRAK

**Latar Belakang:** perilaku makan menjadi salah satu faktor risiko yang memengaruhi terjadinya diabetes melitus sehingga sangat penting untuk diperhatikan. Penatalaksanaan diet sesuai prinsip 3J (Jumlah, Jenis, Jadwal) berperan penting dalam menjaga kestabilan kadar gula darah dalam batas normal sehingga dapat mencegah berbagai macam komplikasi penyakit. Faktor aktivitas fisik dan status gizi dapat memengaruhi perilaku makan seseorang.

**Tujuan:** untuk mengetahui hubungan aktivitas fisik dan status gizi terhadap perilaku makan penyandang diabetes melitus tipe 2 di Kabupaten Sleman.

**Metode:** penelitian ini merupakan penelitian dengan desain *cross sectional* yang dilakukan di Kabupaten Sleman. Sampel dalam penelitian ini berjumlah 93 orang responden berusia dewasa hingga lansia yang diperoleh dengan metode *purposive sampling*. Variabel bebas dalam penelitian ini adalah aktivitas fisik dan status gizi, sedangkan variabel terikat adalah perilaku makan. Data tingkat aktivitas fisik diperoleh menggunakan *Global Physical Activity Questionnaire* (GPAQ). Status gizi dilihat dari Indeks Massa Tubuh (IMT) responden. Data perilaku makan diperoleh menggunakan *Semi Quantitative Food Frequency Questionnaire* (SQ-FFQ) dan kuesioner jadwal makan. Analisis data dalam penelitian ini meliputi analisis univariat dan analisis bivariat menggunakan uji *spearman*.

**Hasil:** sebagian besar responden dalam penelitian ini merupakan pra lansia (47,3%) dan berjenis kelamin perempuan (77,4%). Sebanyak 38 responden (40,9%) memiliki tingkat aktivitas fisik ringan dan memiliki status gizi *obese I* sebanyak 29 responden (31,2%). Responden yang memiliki perilaku makan kurang sebanyak 57 responden (61,3%). Penelitian ini menunjukkan tidak adanya hubungan yang signifikan antara aktivitas fisik ( $p=0,985$ ) dan status gizi ( $p=0,089$ ) terhadap perilaku makan.

**Kesimpulan:** responden yang sudah menerapkan prinsip 3J hanya sebanyak 11,8%. Penelitian ini menunjukkan bahwa tidak terdapat hubungan yang signifikan antara aktivitas fisik dan status gizi terhadap perilaku makan.

**Kata Kunci:** aktivitas fisik, status gizi, perilaku makan, diabetes melitus

## THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND NUTRITIONAL STATUS ON EATING BEHAVIOUR OF PEOPLE WITH TYPE 2 DIABETES IN SLEMAN REGENCY

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### ABSTRACT

**Background:** eating behavior is one of the risk factors that influence the occurrence of diabetes mellitus, so it is very important to pay attention on it. Diet management according to principles 3J (Amount, Type, Schedule) plays an important role in maintaining stable blood glucose levels within normal limits so that it can prevent various kinds of disease complications. Physical activity and nutritional status factors can influence a person's eating behavior.

**Objective:** to determine the relationship between physical activity and nutritional status on the eating behavior of people with type 2 diabetes mellitus in Sleman Regency

**Method:** this research is a cross sectional design research conducted in Sleman Regency. The sample in this study consisted of 93 respondents aged adults to elderly who were obtained using the purposive sampling method. The independent variables in this study were physical activity and nutritional status, while the dependent variable was eating behavior. Physical activity level data was obtained using the Global Physical Activity Questionnaire (GPAQ). Nutritional status is inferred from the Body Mass Index (BMI) of respondents, eating behavior data was obtained using the Semi Quantitative Food Frequency Questionnaire (SQ-FFQ) and eating schedule questionnaires. Data analysis in this study includes univariate analysis and bivariate analysis using the spearman test.

**Results:** most respondents in this study were pre-elderly (47.3%) and female (77.4%). 38 respondents (40.9%) had low levels of physical activity and 29 respondents (31.2%) had Obese I nutritional status. Respondents who had less eating behavior were 57 respondents (61.3%). This research shows that there is no significant relationship between physical activity ( $p=0.985$ ) and nutritional status ( $p=0.089$ ) on eating behavior.

**Conclusion:** only 11.8% of respondents have implemented the 3J principles. This research shows that there is no significant relationship between physical activity and nutritional status on eating behavior.

**Keywords:** physical activity, nutritional status, eating behavior, diabetes mellitus