

ABSTRACT

Background: Indonesia Family Life Survey 5 (IFLS5) data shows that the prevalence of depression in the 18-65 age group in Indonesia reaches 23.14%. In previous studies, students at Universitas Gadjah Mada (UGM) were shown to experience depression. Students have sufficient physical activity, but their dietary patterns are still not ideal. Depression can be influenced by lifestyle factors.

Objective: To determine the relationship between dietary patterns and physical activity and students' depression status at University of Gadjah Mada.

Method: This study is an observational analytical study with a cross-sectional design. Subjects were students aged 18-25 years. Subjects were selected by accidental and snowball sampling. The instruments used were a 1x24-hour recall assessed using *Index Gizi Seimbang* (IGS) for dietary patterns, the International Physical Activity Questionnaire Short Form (IPAQ-SF) for physical activity, and the Patient Health Questionnaire 9 (PHQ-9) for depression status.

Results: Most respondents (37.62%) had mild depression. Depression was observed in students with poor dietary patterns (64%) and sufficient physical activity (52%). According to the bivariable analysis, the p-values of diet, physical activity, and sleep duration were 0.031, 0.54, and 0.007. The odds ratios of poor dietary patterns, physical activity, and sleep duration were 1.21 and 2.47. Multivariable analysis showed that sleep duration and gender significantly contributed to students' depression.

Conclusion: Dietary patterns are related to students' depression status, while physical activity is not. Sleep duration and gender factors contribute to students' depression status.

Keywords: Depression, Students, Lifestyle, Dietary Patterns, Physical Activity

ABSTRAK

Latar Belakang: Data *Indonesia Family Life Survey 5* (IFLS5) menunjukkan bahwa prevalensi depresi pada usia 18-65 tahun di Indonesia mencapai 23,14%. Pada penelitian sebelumnya, mahasiswa Universitas Gadjah Mada (UGM) terbukti mengalami gangguan mental depresi. Mahasiswa memiliki aktivitas fisik cukup namun pola makannya masih belum ideal. Depresi dapat dipengaruhi oleh faktor gaya hidup.

Tujuan: Mengetahui hubungan antara pola makan dan aktivitas fisik dengan status depresi pada mahasiswa di Universitas Gadjah Mada.

Metode: Penelitian merupakan penelitian analitik observasional dengan rancangan *cross-sectional*. Subjek adalah mahasiswa berusia 18-25 tahun. Subjek dipilih dengan cara *accidental* dan *snowball sampling*. Instrumen yang digunakan *recall* 1x24 jam dinilai dengan Indeks Gizi Seimbang (IGS) untuk pola makan, *International Physical Activity Questionnaire Short-Form* (IPAQ-SF) untuk aktivitas fisik, dan *Patient Health Questionnaire 9* (PHQ-9) untuk status depresi.

Hasil: Mayoritas responden (37,62%) memiliki *mild depression*. Depresi terjadi pada mahasiswa dengan pola makan kurang (64%) dan aktivitas fisik cukup (52%). Berdasarkan analisis bivariabel, nilai *p* pola makan, aktivitas fisik, dan durasi tidur masing-masing adalah 0,031, 0,54, dan 0,007. Nilai *odds ratio* (OR) pola makan, aktivitas fisik, dan durasi tidur dengan kategori kurang adalah 1,99, 1,21 dan 2,47. Analisis multivariabel menunjukkan durasi tidur dan jenis kelamin secara signifikan berkontribusi terhadap depresi pada mahasiswa.

Kesimpulan: Pola makan berhubungan dengan status depresi mahasiswa, sementara aktivitas fisik tidak. Durasi tidur dan jenis kelamin berkontribusi terhadap status depresi mahasiswa.

Kata Kunci: Depresi, Mahasiswa, Gaya Hidup, Pola Makan, Aktivitas Fisik