

INTISARI

HUBUNGAN ANTARA KONSUMSI MAKANAN ULTRA PROSES DAN GAYA HIDUP SEDENTARI DENGAN STATUS GIZI LEBIH PADA MAHASISWA

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Latar Belakang: Berdasarkan Survei Kesehatan Indonesia (SKI) 2023, prevalensi gizi lebih di DI Yogyakarta mengalami peningkatan. Penyebabnya adalah pola makan tidak bergizi seimbang dan aktivitas fisik rendah yang banyak terjadi pada dewasa muda, seperti mahasiswa. Padatnya jadwal perkuliahan seringkali membuat mahasiswa memilih makanan yang praktis seperti makanan ultra proses dan banyak duduk untuk bermain gawai atau mengerjakan tugas. Penelitian mengenai makanan ultra proses dan gaya hidup sedentari diperlukan untuk mencegah risiko status gizi lebih dan penyakit tidak menular lainnya.

Tujuan: Mengetahui hubungan antara konsumsi makanan ultra proses dan gaya hidup sedentari dengan status gizi lebih pada mahasiswa FK-KMK UGM.

Metode: Penelitian ini menggunakan desain cross-sectional pada mahasiswa FK-KMK, UGM sebanyak 105 orang yang dipilih menggunakan *quota sampling*. Konsumsi makanan ultra proses diukur menggunakan *Food Frequency Questionnaire* (FFQ), gaya hidup sedentari menggunakan *Sedentary Behaviour Questionnaire* (SBQ), dan status gizi menggunakan pengukuran Indeks Massa Tubuh (IMT). Analisis data menggunakan uji korelasi *rank* Spearman, uji *chi-square*, dan uji regresi logistik biner dengan derajat kebermaknaan $\alpha < 0,1$.

Hasil: Berdasarkan uji bivariat terdapat hubungan signifikan antara konsumsi makanan ultra proses ($p = 0,001$; $r = 0,321$) dan gaya hidup sedentari ($p = 0,002$; $r = 0,306$) dengan status gizi lebih. Terdapat hubungan signifikan antara jenis kelamin ($p = 0,006$) dan jenis tempat tinggal ($p = 0,042$) dengan status gizi lebih. Namun, tidak terdapat hubungan signifikan antara uang saku ($p = 0,146$) dan partisipasi kegiatan ekstrakurikuler ($p = 0,310$) dengan status gizi lebih. Berdasarkan uji multivariat regresi logistik dengan metode langkah mundur diketahui variabel yang paling dominan berhubungan dengan status gizi lebih adalah konsumsi makanan ultra proses karena memiliki nilai Exp (B) tertinggi (Exp (B) = 8,036).

Kesimpulan: Terdapat hubungan antara konsumsi makanan ultra proses dan gaya hidup sedentari dengan status gizi lebih. Tingginya konsumsi makanan ultra proses dan gaya hidup sedentari akan meningkatkan risiko status gizi lebih.

Kata kunci: makanan ultra proses, gaya hidup sedentari, indeks massa tubuh, status gizi lebih, mahasiswa

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ABSTRACT

THE RELATIONSHIP BETWEEN ULTRA PROCESSED FOOD CONSUMPTION AND SEDENTARY LIFESTYLE WITH OVERWEIGHT AMONG UNDERGRADUATE STUDENTS

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Background: Based on the 2023 Indonesian Health Survey (SKI), the prevalence of overweight in DI Yogyakarta has increased. The causes are an unbalanced diet and low physical activity, which are common among young adults, such as undergraduate students. A busy lecture schedule often leads students to choose practical food such as ultra processed food and spend a lot of time sitting, either using gadgets or working on assignments. Research on ultra processed food consumption and sedentary lifestyle is needed to help prevent the risk of overweight and other non-communicable diseases.

Objective: To determine the relationship between ultra processed food consumption and sedentary lifestyle with overweight among FK-KMK UGM undergraduate students.

Methods: This research uses a cross-sectional design involving 105 students from FK-KMK, UGM, selected through quota sampling. Ultra processed food consumption was measured using the Food Frequency Questionnaire (FFQ), sedentary lifestyle using the Sedentary Behavior Questionnaire (SBQ), and nutritional status using Body Mass Index (BMI) measurement. Data analysis was conducted using the Spearman *rank* correlation test, chi-square test, and binary logistic regression test with a significance level of $\alpha < 0,1$.

Results: Based on the bivariate test, there is a significant relationship between ultra processed food consumption ($p = 0,001$; $r = 0.321$) and sedentary lifestyle ($p = 0,000$; $r = 0.461$) with overweight. There is a significant relationship between gender ($p = 0.006$) and type of residence ($p = 0.042$) with overweight. However, there is no significant relationship between pocket money ($p = 0.146$) and participation in extracurricular activities ($p = 0.310$) with overweight. Based on the multivariate logistic regression analysis using the backward method, the most dominant variable associated with overweight is ultra processed food consumption because it has the highest Exp(B) value (Exp(B) = 8.036).

Conclusion: There is a relationship between ultra processed food consumption and sedentary lifestyle with overweight. Higher consumption of ultra processed food and a sedentary lifestyle increase the risk of becoming overweight.

Keywords: ultra processed food, sedentary lifestyle, body mass index, overweight, undergraduate students

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